

## Beetroot & fennel risotto (gluten free)

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This beetroot and fennel risotto recipe is bursting with flavour! Serve with fresh bread and crumbled goat's feta.

### Ingredients (serves 4)

- 1 large [beetroot](#) ( about 200 g), peeled and diced
- 2 tsp apple cider vinegar or lemon juice
- ½ tsp freshly ground black pepper
- 1 baby [fennel](#), fronds and bulb chopped finely, fennel weeds reserved
- 1 cup arborio (risotto) rice
- 2-3 cups vegetable/chicken stock (see tip)
- ¼ tsp sea salt flakes
- 2 tbsp [olive or coconut oil](#)

To serve

- 100 g creamy goat's feta
- Bread of your choice, optional

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### Method

Place beetroot in a small saucepan and cover with water. Bring to the boil, reduce heat and simmer for 10 minutes, or until tender. Add vinegar or lemon juice and pepper, then process into a smooth puree using a stick blender. Set aside.

Heat oil in a large saucepan over medium heat. Add chopped fennel and cook for five minutes, stirring occasionally, until caramelised. Add rice and stir through to toast. Working in batches, add stock one cup at a time, then bring to a simmer. Cook, stirring often, until the stock has been absorbed. Repeat with remaining stock.

After about 20 minutes the rice should be tender, cook a little longer if needed.

Season with salt and stir through the beetroot mash.

To serve, divide risotto between bowls, top with crumbled feta, fennel weed and bread on the side, if using.

**Tip:** Traditional risotto is quite runny – it is supposed to ‘spread’ in a flat layer in a bowl. We like ours a little thicker so I use a little less stock, about two cups. You can add the additional stock once you’ve stirred through the mash.

Recipe and images by [Martyna Angell](#)

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