Carrot and roasted sweet corn risotto (gluten free)

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Nutritionist Dorota Trupp shares some gluten free recipes.

Ingredients (serves 4)

- 3 medium carrots
- 2 corncobs
- 6 tbsp butter
- 1 small garlic clove, peeled
- 1 onion, peeled
- 250 g wholegrain arborio rice, use round or short grain as replacement
- 100 ml white wine
- 750 plus ml chicken or vegetable stock
- 1 lime
- 2 tbsp chopped parsley or dill
- 4 tbsp grated Parmesan cheese
- 4 tbsp olive oil
- Salt and pepper

METHOD

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With a sharp knife, cut the kernels off the corncobs. Cut the carrots into three-to-four-mm slices.

Chop the onion and garlic finely.

Heat two tablespoons of butter in a stockpot and add the onions and garlic. Cook for four to five minutes on a low heat.

In a separate stockpot, bring the stock close to the boiling point. Add the rice to the onions and cook for two to three minutes. Add the wine and a third of the hot stock. Stir the risotto from time to time so it cooks evenly and does not burn.

Wash the lime, finely zest the skin and cut in half.

When the rice has absorbed all the liquid, add the carrots and more liquid and while constantly stirring, add all the stock until the rice is cooked.

Meanwhile, heat a heavy pan, add the corn kernels and roast them until they are slightly toasted.

To finish the risotto, add the lime zest, corn, cheese, oil, remaining butter and stir through.

Season with salt, pepper, coriander and the juice of the lime.

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