

KALE & WALNUT PESTO RISOTTO

A recipe by **FoodNouveau**

INGREDIENTS

Serves 2

For the pesto

- ¼ cup [60 ml] walnuts, toasted and coarsely chopped
- 1 garlic clove
- ½ cup [125 ml] fresh parsley leaves (packed)
- 3 tbsp [45 ml] fresh chives, chopped
- 1 cup [250 ml] kale leaves, tough stem removed, coarsely chopped
- 2 tbsp [30 ml] extra-virgin olive oil
- 1 tsp [5 ml] kosher or sea salt
- freshly ground black pepper
- water (if required, see instructions below)

For the risotto

- 2 cups [500 ml] vegetable (or chicken) broth
- 2 tbsp [30 ml] olive oil
- 1 small onion, finely chopped
- 5 oz [140 g] risotto rice
- ½ cup [125 ml] white wine
- 1 cup [250 ml] kale leaves, tough stem removed, coarsely chopped

To finish

- 1 tbsp [15 ml] butter
- ½ cup [125 ml] freshly grated parmesan cheese
- toasted walnuts



METHOD

Make the pesto: Pulse the walnuts and garlic clove in a food processor until finely ground. Add parsley, chives, kale leaves, olive oil, salt and pepper, and process until smooth. If the pesto remains too stiff and chunky, add cold water, 1 tbsp [15 ml] at a time, until the pesto comes together and has a relatively smooth texture.

Make the risotto: Bring the vegetable (or chicken) broth to a simmer in a small pot, then keep warm.

Warm the olive oil a large, shallow pan over medium heat. Add the sauté over low heat until the onion is translucent, about 5 minutes. Add the risotto rice and stir 2 minutes. Add the white wine and simmer until the wine is absorbed. Add 1 ladleful broth; stir until the broth is almost completely absorbed. Continue adding broth, one ladleful at a time, allowing each ladle to be absorbed before adding more. Once you've used 2/3 of the broth, add the chopped kale. Keep on stirring and adding broth until you've used it all up, kale is wilted, rice is tender with a little bite, and the mixture is creamy but not stiff.

Recipe Credit: Adapted from Claire Saffitz, Bon Appétit

Photo Credit: Marie Asselin

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Stir in about ½ cup [125 ml] of the pesto and leave on the heat for a minute or two, stirring continuously, to warm up the pesto. Taste and adjust seasoning, if needed. Divide between warm shallow bowls (risotto should always be served in warm bowls!). Top with toasted walnuts and serve immediately.