

A Gut Feeling Cauliflower Risotto

INGREDIENTS

- 7 cups cauliflower florets (about 1 head)
- 1 tbsp coconut oil
- 2 cloves garlic, minced
- 1 tsp ground black pepper
- 1/2 tsp sea salt
- 3/4 cup sodium reduced vegetable broth
- 1/2 cup grated vegan cheese
- 3 tbsp nut milk
- 1 bunch asparagus, trimmed and cut into 1-inch pieces (about 2 cups)
- 2 tbsp unsalted pine nuts (optional)
- 2 tbsp chopped fresh chives

INSTRUCTIONS

In a deep 12-inch skillet, heat 1 1/2 tsp oil on medium-high heat, using a silicone brush to spread oil all over skillet. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add cauliflower, 1/2 tsp pepper and 1/4 tsp salt; cook, stirring occasionally, until cauliflower is golden, 4 to 5 minutes. Add broth and cook for 2 minutes. Remove 1 cup of mixture and place in food processor, add vegan cheese and nut milk to puree until smooth. Return to skillet and mix well; add asparagus and cover with lid. Cook stirring occasionally, until asparagus is tender, 3 to 4 minutes. Stir in additional oil to taste (optional). Transfer to a bowl and stir in lemon zest, pine nuts (if using) and 1 1/2 tbsp chives.