



# THE WEDNESDAY CHEF

## **Easiest Instant Pot Risotto**

*Serves 4*

4 cups (950 ml) low-sodium chicken or vegetable broth or water with two bouillon cubes

2 tablespoons olive oil or butter

1 medium onion, finely chopped

2 cups (400 grams) risotto rice

1/2 cup (120 ml) white wine, optional (if not using, add an additional 1/2 cup broth)

1 box frozen peas or 1 medium zucchini, finely diced

1/2 cup (45 grams) finely grated Parmesan cheese

Salt and pepper to taste

1. Warm the broth or water. Set aside.
2. Set the Instant Pot to SAUTÉ and pour the oil (or the butter, if using) into the pot. Add the finely chopped onion and sauté until fragrant and translucent, 3 to 4 minutes. Add the rice and stir to coat every grain with fat. Cook, stirring, for another minute or two.
3. If using the wine, add and stir well. Cook until most of the wine has evaporated. If not, proceed directly to Step 4.
4. Turn off the SAUTÉ function. Add the warmed broth and stir in the frozen peas or diced zucchini. Cover the Instant Pot and set it to MANUAL, HIGH, and dial the time to

5 minutes. The Instant Pot will take about 3 minutes to come to pressure.

5. When the 5 minutes are over, immediately release the pressure using a QUICK release. Remove the lid. Add the grated cheese, stir well, season to taste, and serve immediately.