

Cheesy Low-carb "Risotto"

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 11.6 g, Fiber: 4 g, **Net carbs: 7.6 g**,

Protein: 17.4 g, Fat: 28.8 g, Calories: 366 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



parmesan cheese and chives. Enjoy hot!

Ingredients (makes 4 servings)

6 cups cauli-rice - about 1 medium cauliflower (720 g / 1.6 lb / 25.4 oz)

1/4 cup ghee or butter - you can make your own ghee (55 g / 1.9 oz)

1 small white onion, finely chopped (70 g / 1.9 oz)

1 cup chicken stock or vegetable stock (240 ml / 8 fl oz)

1 tsp Dijon mustard (you can make your own)

1 cup cheddar cheese, shredded (110 g / 4 oz)

1 cup parmesan cheese, grated (60 g / 2.1 oz)

2-4 tbsp freshly chopped chives, parsley or spring onion

salt to taste (I used pink Himalayan)

Notes: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

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Instructions

1. Make the cauliflower rice by following this recipe. Do not cook the cauli-rice. For best results, use a grating blade on your food processor to create rice-like shapes. I used my Kenwood mixer with a food processor attachment.
2. Grease a large pan with ghee or butter. Once hot, add the finely chopped onion and cook over a medium heat until lightly browned.
3. Add the cauli-rice and mix well.
4. Cook for just a few minutes and pour in the chicken stock (or vegetable stock). Cook for another 5 minutes or until the cauli-rice is crisp-tender. Meanwhile, grate the cheddar and parmesan cheese.
5. Add the mustard, stir and take off the heat.
6. Add the grated cheese and mix well. Keep some parmesan cheese for garnish. Add the freshly chopped chives and also keep some for garnish. Season with salt to taste if needed.
7. Place the "risotto" into serving bowls and top with the remaining