

Baked Mushroom & Greens Risotto

きのこたっぷり焼きリゾット

Serves 4



Ingredients

Base

- 2 T / 28 g olive oil オリーブオイル
- 120 g onion, finely chopped 玉ねぎ
- 2 cloves garlic, minced にんにく
- 180 g Arborio rice アルボリオ米 (regular Japanese white rice OK)
- 1/2 tsp salt + pinch MSG
- Black pepper

Mushrooms

- 15 g dried chanterelles (soaked) 乾燥シャントレル
- 250 g mixed fresh mushrooms (shiitake, shimeji, maitake) きのこミックス

Greens

- 120 g spinach or komatsuna ほうれん草 / 小松菜
- 150 g frozen peas グリーンピース

Liquid

- 800 ml broth (1/2 strength)
- 200 ml mushroom soaking liquid (strained)

Finish

- 60 g Parmesan パルメザンチーズ
- 20 g butter (optional)
- 1 T / 15 ml lemon juice

Crispy Top

- 20 g Parmesan
- 1 T olive oil

Instructions

1. Prepare mushrooms

- Soak **dried chanterelles** in hot water **20 minutes**
- Strain and reserve soaking liquid
- Slice **fresh mushrooms**

2. Sauté mushrooms

- Heat **1 T olive oil** in pan
- Cook mushrooms until moisture evaporates and lightly browned
- Season lightly

3. Start base

- Heat remaining olive oil
- Cook **onion** until soft
- Add **garlic** briefly

4. Toast rice

- Add rice and **stir 2 minutes**

5. Combine and bake

- Add **mushrooms, greens stems, broth, and soaking liquid**
- Bring to boil
- Cover and bake at **170°C** for **20–25 minutes**

6. Finish

- Add **greens leaves and peas**
- Stir until wilted
- Add **Parmesan, butter** (optional), and **lemon juice**

7. Crispy top

- Add **Parmesan** and **olive oil** on top
- Bake uncovered **10 minutes** until golden

8. Rest

- **Let sit 5 minutes** before serving

Notes / Variations

- Use only mushrooms for vegetarian version
- Add tofu cubes for extra protein
- Chanterelle soaking liquid adds deep umami
- Shiitake stems can be used in broth for extra flavor

Nutrition (per serving)

Kcal: 480 | Protein: 20 g | Fat: 16 g | Sat Fat: 6 g | Carbs: 60 g | Sugars: 6 g |
Fiber: 6 g | Sodium: 600 mg | Omega-3: 0.3 g