

Buono! Gustoso!
Perfetto! Delizioso!



RightRice Risotto
Digital Cookbook

Say buongiorno to **creamy (& dairy-free!) risotto!**

Risotto is Italian for rice, but everyone knows it's so much more: it's rich, creamy... and time consuming.

That's what inspired us to create a veggie-packed risotto in four delicious, already seasoned flavors like Creamy Parmesan and Wild Mushroom that are easy to cook in one pot in just 12 minutes.

Whether you're vegan, non-vegan, sometimes flexitarian, or just exploring, check out some of our favorite risotto recipes that are so deliciously quick and easy, they'd make your favorite Italian chef proud.

Buon Appetito!

It's Italian for amazing!



Deliciously nutritious.

Ridiculously quick.

- A modern (and dairy-free!) twist on risotto made right-er with the power of veggies.
- Quick and easy to cook in one pot in just 12 minutes.
- High protein. High fiber. And way lower carbs than a regular bowl of risotto.
- Comes in four deliciously creamy, entirely vegan flavors, all made using real herbs and spices.
- Enjoy on its own to keep it 100% plant-based or pair with a favorite cheese or protein.

RightRice[®]
risotto

White Rice^{*}

10g **MORE PROTEIN** **4g**
(And a complete protein!)

5g **MORE FIBER** **0g**

ALMOST 25g LESS NET CARBS

*leading white rice, per 50g of dry rice.



NON GMO



VEGAN



GLUTEN FREE



**COMPLETE
PROTEIN**



KOSHER



**LOW GLYCEMIC
INDEX**

**No cheese?
No dairy?
No way!**



GLUTEN
FREE

10g COMPLETE
PROTEIN*

5g FIBER*

RightRice® risotto

MADE FROM VEGETABLES

creamy parmesan style



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE



*PER 50g SERVING

NET WT. 6 OZ (170 G)

Enjoy the delectable flavor of
aged Parmesan cheese.



Creamy Parmesan Risotto with Roasted Tomatoes & Pine Nuts

Servings: 4 | Prep time: 10 mins | Cook time: 25 mins

Ingredients:

- 1 bag RightRice Creamy Parmesan Style Risotto
- 2 cups sliced cherry tomatoes (any color you'd like)
- 2 Tbsp. Extra-virgin olive oil, plus more for finishing
- 2 cloves garlic, smashed and peeled
- ½ tsp. kosher salt
- Freshly ground pepper
- ½ cup pine nuts
- 1 bunch fresh basil

Preparation:

Preheat the oven to 350°F. Place the cherry tomatoes and garlic on a sheet pan and drizzle with the olive oil, salt, and a few fresh grindings of pepper. Stir to coat evenly with the olive oil. Roast for 10 minutes in the oven, then add the pine nuts to the pan and stir to coat them in the oil. Roast for another 7-10 minutes, or until the pine nuts are lightly toasted and the tomatoes have softened. Remove the garlic from the pan and discard.



While the tomatoes roast, prepare the Creamy Parmesan Risotto. In a medium saucepan, bring water to a boil. Add Risotto, reduce heat, and cook at a gentle boil uncovered for 5 minutes, stirring occasionally. Remove from heat and let stand covered for 7 minutes. (If preferred, substitute the water with vegetable or chicken stock for added flavor.)

When the tomatoes are out of the oven, tear a handful of basil leaves over the tomatoes and allow them to wilt as the tomatoes cool. Finely chop a few more pieces of basil and stir them into the cooked RightRice.

To plate, place $\frac{1}{4}$ of the risotto in a bowl and add a generous scoop of the tomatoes and pine nuts over the top. Repeat with the other servings.

Finish with an extra drizzle of olive oil, some basil leaves and another fresh grinding of pepper.

Serve warm.





Creamy Parmesan Risotto with Sautéed Shrimp

Servings: 2 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:

- 1 bag RightRice Creamy Parmesan Style Risotto
- ½ lb. medium-sized shrimp
- 2 Tbsp. olive oil
- 1 cup fresh grape or cherry tomatoes cut into slices
- Fresh basil leaves for garnish
- Salt and pepper

This restaurant-worthy risotto will have your friends and family convinced that you spent hours in the kitchen, but with the help of Creamy Parmesan Risotto, you can have a deliciously creamy and dairy-free bowl of risotto topped with sautéed shrimp on the table in just 15 minutes!

Preparation:

Prepare the Creamy Parmesan Risotto. In a medium saucepan, bring 2 cups of water to a boil. Add 1 bag of Creamy Parmesan Risotto, reduce heat, and cook at a gentle boil uncovered for 5 minutes, stirring occasionally. Remove from heat and let stand covered for 7 minutes.

While the Creamy Parmesan Risotto sits, heat the olive oil in a large nonstick skillet over medium-high heat. Season the shrimp with salt and pepper. Cook on one side for 3 minutes and then turn over and cook for another 3 minutes until the shrimp is pink and no longer translucent.

To serve, divide the Creamy Parmesan Risotto into two bowls and top with the cooked shrimp and fresh sliced tomatoes. Garnish with fresh basil.

Creamy Lemon Asparagus Risotto

Servings: 4 | Cook time: 30 mins

Risotto is a great way to feature seasonal vegetables! This deliciously creamy dish pairs bright lemon with earthy asparagus, but feel free to swap in the roasted veggie of your choice. You can keep it plant-based and enjoy as is or add your favorite seafood for a more robust meal.

Ingredients:

- 1 bag RightRice Creamy Parmesan Style Risotto
- 2 Tbsp. olive oil
- 1 shallot, diced
- 3 cloves garlic, minced
- Pinch of red pepper flakes
- ¼ cup dry white wine
- 2 cups chicken stock
- 1 lemon, zested and juiced



- 2 Tbsp. unsalted butter
- 1 cup parmesan cheese
- Salt and pepper to taste

Roasted Asparagus Topping

- 1 bunch thin asparagus, ends trimmed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. pepper
- 1 lemon, zested and juiced
- 1 Tbsp. finely chopped mint leaves
- ½ cup shaved parmesan cheese



Preparation:

To start, prepare the roasted asparagus topping. Preheat oven to 400°F. Toss asparagus with olive oil, salt, and pepper and place on a lined baking sheet. Roast until tender for about 10-12 minutes. Remove from the oven and stir in lemon juice, lemon zest, and chopped mint, then set aside for later.

Meanwhile, heat olive oil in a medium saucepan. Add diced shallots and sauté until soft, about 5 minutes. Add minced garlic and a pinch of red pepper flakes and cook until fragrant, about a minute.

Add 1 bag Creamy Parmesan Risotto and stir until fully coated. Pour in the white wine and cook until the wine has been almost absorbed, about 2-3 minutes, stirring regularly.

Next, pour in the chicken stock, lemon juice, and zest and stir. Bring to a boil and cook uncovered for 5 minutes, stirring occasionally. Then remove from heat and let stand covered for 7 minutes.

Once the risotto is fully cooked, stir in butter and parmesan cheese and season with salt and pepper to taste.

When ready to serve, divide risotto among bowls and top with roasted asparagus, shaved parmesan, freshly cracked pepper, fresh lemon zest, and mint leaves.





Braised Lamb and Brussel Sprout RightRice Risotto

Servings: 4 | Cook time: 4 hrs 15 mins

Ingredients:

- 1 bag RightRice Creamy Parmesan Style Risotto
- 4 lamb shanks
- 1/3 cup of extra-virgin olive oil
- Sea salt flakes
- 2 brown onions, peeled and finely diced
- 1 to 2 medium-sized carrots, washed and thinly sliced
- 6 1/2 cups of chicken stock
- 2 cups of crushed tomatoes
- 6 ounces of brussel sprouts, cut into quarters
- 1/2 bunch of mint leaves, picked

Preparation:

In a medium-sized pot over medium heat, brown the well-seasoned lamb shanks in the olive oil.

The extra effort and time this recipe requires will be worth it once you taste the rich flavor of this sophisticated braised lamb, complemented by brussel sprouts and veggie-packed Creamy Parmesan Risotto. This spectacular dish is perfect for a special occasion and will wow your friends and family alike!

Once brown on all sides, remove from the pot, and add in the onions and carrot, cooking for 3 to 4 minutes. Add the lamb shanks back in, along with the tomato purée and chicken stock. Cover with a lid or foil and place into the oven at 290°F/140°C for 3 ½ hours.

Remove from oven and check for doneness. The meat should be almost falling from the bone, and if not, place back into the oven for a further 25 to 30 minutes.

In a small saucepan, add one cup of water along with 1 ½ cups of the lamb shank braising liquid. Once boiling, add in the RightRice Risotto along with the brussel sprouts and cover with a lid.

After 8 to 10 minutes remove the lid from the saucepan and add a little more liquid from the braised lamb shanks.

Divide the risotto between four plates, top with a lamb shank and a few mint leaves.

**"The easiest,
fastest way
to make Risotto"**

cleanplates



GLUTEN
FREE

10G COMPLETE PROTEIN* 5G FIBER*

RightRice® risotto

MADE FROM VEGETABLES

wild mushroom



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE



*PER 50g SERVING

NET WT. 6 OZ (170 G)

**Enjoy the flavors from a trio
of mushrooms.**

This date-night approved dish is a mealtime masterpiece! Chef Jason Roberts' recipe pairs buttery scallops with the earthiness of RightRice Wild Mushroom Risotto for a dish that tastes indulgent, but is packed with plant-based protein and has way less carbs than a traditional risotto.



Wild Mushroom and Scallop Risotto

Servings: 4 | Cook time: 12 mins

Ingredients:

- 1 bag RightRice Wild Mushroom Risotto
- ½ medium head of radicchio, shredded
- 3 Tbsp. of extra virgin olive oil
- 1 cup of red wine (Try a Barolo)
- 1 ½ cups of water
- 2 cups of mushrooms (oyster, king, or button)
- 8 medium sized scallops
- Sea salt flakes
- 1 Tbsp. of butter
- ½ bunch of chopped chives

Preparation:

In a medium-size saucepan over moderate heat, cook the radicchio in the olive oil for 2 to 3 minutes or till wilted, add in



the red wine and reduce until almost completely nonexistent (approximately 3-5 minutes). Add in the RightRice Wild Mushroom Risotto along with 1 ½ cups of water and cook for 2 to 3 minutes before covering with a lid and removing from heat and setting aside.

Meanwhile, heat a medium sized skillet over medium-high heat until hot, add in a splash of olive oil followed by the scallops. Season with sea salt flakes and cook for 30 to 40 seconds, before adding in the butter. Once golden, flip the scallops and cook for a remaining 30-40 seconds along with mushrooms. Cook until mushrooms have wilted and remove from the heat.

Add a little more extra-virgin olive oil to the risotto before serving. Top with a couple of scallops and a few of the mushrooms along with a good scattering of fresh chopped chives.

Serve immediately.

Wild Mushroom Risotto

Servings: 2 | Prep time: 10 mins | Cook time: 15 mins

This elegant dish is an easy go-to for an impromptu dinner party since it's ready in just 15 minutes! Your guests will be impressed with your culinary skill, and you'll feel great knowing that you're serving risotto with more than 2x the protein and way less carbs than traditional risotto!

Ingredients:

- 1 bag RightRice Wild Mushroom Risotto
- 16 oz of mushrooms
- 3 Tbsp. butter
- 1 tsp. olive oil
- 2 sprigs of fresh thyme
- Parsley for garnish
- Salt and pepper



Preparation:

Prepare the RightRice Wild Mushroom Risotto following package directions.

While the risotto is standing, start cooking the mushrooms. In a large frying pan, melt the butter with the olive oil. Add in the sprigs of thyme. Once the butter is melted, place the mushrooms in the pan, season with salt and pepper, and cook for about 6 minutes.

To serve, divide the RightRice Risotto into two bowls and top with the mushrooms. Garnish with chopped parsley.

Shredded Honey Pepper Chicken Risotto

Servings: 2 | Prep time: 10 mins | Cook time: 15 mins

Swap in Wild Mushroom Risotto for a lighter (and quicker!) take on traditional risotto without sacrificing any flavor. This fast and easy dish is ready in just 12 minutes, so you can enjoy a bowl of this creamy, dairy-free risotto any night of the week!

Ingredients:

- 1 bag RightRice Wild Mushroom Risotto
- ½ cup fresh peas
- ½ rotisserie chicken
- 1 Tbsp. honey
- 1 Tbsp. water
- ½ tsp. pepper
- Hot sauce (optional)
- 1 lb mixed mushrooms
- 1 Tbsp. olive oil/butter or ghee
- 1 Tbsp. balsamic vinegar
- Salt and pepper



Preparation:

Cook the Wild Mushroom Risotto according to package directions. Add fresh peas when you turn the heat off.

Remove the skin from the rotisserie chicken, shred the chicken, and toss with a mixture of honey, water, pepper, and (optional) dash of hot sauce.

Slice and sauté mixed mushrooms over medium high heat with olive oil/butter or ghee for about 4-5 minutes. Add salt and pepper to taste and sauté another minute or two. Add balsamic vinegar and toss. Once the liquid has reduced turn off heat. Plate the risotto and top with the sauteed mushrooms, shredded chicken, and fresh peas.

**“This easy 12–minute
risotto is the perfect
healthy weeknight dinner”**





GLUTEN
FREE

10G COMPLETE
PROTEIN*

5G FIBER*

RightRice® risotto

MADE FROM VEGETABLES

basil pesto



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE



*PER 50g SERVING

NET WT. 6 OZ (170 G)

**Blends the bright and fresh
flavors of basil and garlic.**

Searching for a quick and easy weeknight meal? Look no further! With the bright and fresh flavors of basil and garlic, RightRice Basil Pesto Risotto is delicious on its own, but the addition of roasted tomatoes and crispy chickpeas makes this an especially flavorful dish that is sure to become an instant classic. Enjoy as is or pair with your favorite protein!



Crispy Chickpeas + Roasted Tomato Risotto

Servings: 2 | Prep time: 5 mins | Cook time: 20 mins

Ingredients:

- 1 bag RightRice Basil Pesto Risotto
- 1 can chickpeas drained and rinsed
- 2 cups grape tomatoes, cut in half
- 2 Tbsp. olive oil, divided
- Salt and pepper
- Fresh basil leaves for garnish

Preparation:

Preheat oven to 350°F.

In a small bowl, toss the grape tomatoes with 1 tablespoon of olive oil. Season with a pinch of salt and pepper. Transfer the tomatoes to a lined baking sheet and roast for 10 minutes.



While the tomatoes are roasting, using the same bowl, mix the chickpeas and the remaining olive oil. Season with a pinch of salt and pepper. After 10 minutes, add the chickpeas to the baking sheet with the tomatoes and roast for an additional 10 minutes.

While the chickpeas and tomatoes are still roasting, prepare the Basil Pesto Risotto. In a medium saucepan, bring 2 cups of water to a boil. Add 1 bag of Basil Pesto Risotto, reduce heat, and cook at a gentle boil uncovered for 5 minutes, stirring occasionally. Remove from heat and let stand covered for 7 minutes.

To serve, divide the Basil Pesto Risotto into 2 bowls, and top with roasted chickpeas and tomatoes. Garnish with fresh basil leaves.

Basil Pesto Risotto with Crispy Salmon and Greens

Servings: 2 | Prep time: 5 mins | Cook time: 15 mins

Super fast and super delicious! What more could you ask for? This quick-cooking recipe (ready in 15 minutes!) is packed with protein, fiber, and flavor, so it's sure to be a new favorite.

Ingredients:

- 1 bag RightRice Basil Pesto Risotto
- 2 6oz salmon fillets with the skin off
- 1 bunch of broccolini or asparagus
- 1 lemon sliced
- 2 Tbsp. olive oil, divided
- Salt and pepper
- 1 Tbsp. roasted pine nuts

Preparation:

Heat 1 tablespoon of oil in a non-stick skillet. Season the salmon with salt and pepper. On medium-high heat cook the salmon starting on one side first. Leave to cook for 4 minutes without



moving. Flip over and cook the other side for a final 3 minutes. Transfer to a plate and leave to rest.

To cook the broccolini or asparagus, bring a small saucepan of water to a rolling boil. Drop in the greens into the water and cook for 3 minutes. Take out of the boiling water and transfer to a colander and rinse with super cold water.

Dress the greens with the remaining olive oil, a squeeze of lemon, and season with salt and pepper.

Prepare the RightRice Basil Pesto Risotto following package directions.

To serve, divide the risotto into two bowls and top with half the greens and salmon. Garnish with a few slices of lemon and top with roasted pine nuts.

10g of protein.
1,000g of delicious.



GLUTEN
FREE

10G COMPLETE
PROTEIN*

5G FIBER*

RightRice® risotto

MADE FROM VEGETABLES

creamy cracked pepper



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE



*PER 50g SERVING

NET WT. 6 OZ (170 G)

**Reminiscent of cacio e pepe,
with bold flavor of freshly
cracked black pepper.**

This risotto serves as a showcase for summer's bounty of tomatoes and corn. Packed with protein, fiber, and less carbs than your traditional risotto, this is the perfect dish for busy summer nights.



Creamy Cracked Pepper Risotto with Roasted Tomatoes and Corn

Servings: 4 | Cook time: 12 mins

Ingredients:

- 1 bag RightRice Creamy Cracked Pepper Risotto
- 2 stems cherry tomatoes on the vine
- 2 tsp. olive oil
- ½ tsp. flaky sea salt
- 1 cup fresh or frozen (thawed) corn kernels
- Juice from ½ lemon
- ¼ tsp. flaky sea salt
- ¼ cup fresh oregano leaves



Preparation:

Preheat the oven to 425F.

Cook risotto according to the package directions. Meanwhile, prepare the tomatoes and corn. Add cherry tomatoes to a baking sheet, and drizzle with 2 teaspoons of olive oil and sprinkle $\frac{1}{2}$ teaspoon of flaky salt on top. Roast for 10 minutes until blistering. Add corn to a bowl and toss with lemon juice, $\frac{1}{4}$ teaspoon of flaky sea salt, and fresh oregano leaves.

Once risotto is done cooking, serve and top with tomatoes and corn mixture. Garnish with a lemon wedge and fresh oregano.

Creamy Cracked Pepper Seafood Risotto

Servings: 4 | Prep time: 10 | Cook time: 15 mins

Top RightRice Creamy Cracked Pepper Risotto with a medley of seafood for an inspired supper that is as deliciously nutritious as it is ridiculously quick. This rich and creamy (yet dairy-free!) dish is easy to cook in just 15 minutes!

Ingredients:

- 1 bag RightRice Creamy Cracked Pepper Risotto
- Extra Virgin Olive Oil as needed
- ¼–½ yellow onion, chopped
- 2–4 cloves garlic, or to taste, chopped
- 1 red bell pepper, cored and sliced
- Spanish smoked paprika, to taste
- ¼–½ tsp. turmeric (optional for color)
- ¼–½ lb mini squids, sliced
- ½ lb mussels
- Salt, to taste
- 1 lemon, juiced
- ¼–¾ cup frozen peas, thawed
- Parsley, chopped (for garnish)



Preparation:

Start by thawing some frozen peas and setting them aside. Sauté the onion, garlic, and sliced red bell pepper in olive oil while waiting for the water to boil. Then add smoked paprika to the mix.

Once the water has boiled, cook the Creamy Cracked Pepper Risotto according to package directions.

While the risotto is cooking, add the squid and mussels into the pan with the sautéed peppers, season with salt, and squeeze in the juice of one lemon. The mussel shells will open up just as the risotto is finishing.

Once complete, stir in the turmeric and the peas into the risotto. Plate everything together and finish it off with a sprinkle of parsley and a drizzle of olive oil.

Find even more recipe inspiration on
RightRice.com and tag us in your recipe
creations on Instagram **@RightRice**



RightRice[®]

Rice. Made right-er.