



BIOSÜDTIROL



Lemon Rice with Fresh Apple

Preparation: 30 minutes

Difficulty: Medium

Ingredients (5)

- 2 Granny Smith apples (325 g)
- 110 g white or brown onions
- 4 tbsp olive oil
- 350 g semi-whole grain rice
- 3 tbsp lemon juice
- 2 tbsp lemon zest, grated (about 2-3 lemons)
- 200 ml white wine, e.g. Weißburgunder
- 600 ml water
- 2 tsp salt
- 50 g grated Parmesan cheese
- 50 g white almond butter
- 1 tbsp nutritional yeast flakes
- Freshly ground black pepper

Preparation

Peel and finely chop the onions; they don't need to be too finely chopped. Juice the lemons or grate the zest finely. You can use a cheese grater for Parmesan cheese.



Heat the olive oil in a pot and add the onions. Once it starts sizzling, reduce the heat to level 6 (on an electric stove, with levels from 1 to 9, where 9 is the hottest) and sauté for 2 minutes. Meanwhile, wash the rice and add it to the onions. Immediately add the lemon juice and zest, and stir-fry for 1 minute. Then, deglaze with the white wine, increase the heat to level 9, and cover. Once it boils, reduce the heat to level 6 and simmer for 2 minutes with the lid open. Add the cold water, increase the heat to level 9, and cover.

Once it boils, reduce the heat to level 2 and simmer for 8 minutes with the lid closed. Meanwhile, wash the apples and quarter them, remove the cores, then cut into dice. Add to the rice and simmer for another 10 minutes. If necessary, add another 50 ml of water if all the water has evaporated. Then, season with salt, add the almond butter, nutritional yeast flakes, and grated Parmesan cheese, stir, and taste. It's important that there's still some liquid in the rice so that the almond butter mixes well. If all the liquid has evaporated, it's best to mix the almond butter with 50 ml of water and briefly boil in the rice. Adjust the salt if necessary. Serve with freshly ground black pepper and a smile!

Sissy's suggestion

This rice is fruity and fresh, perfect for spring and warm summer days. Great on its own or as a side to fish. The semi-whole grain rice variant pairs well with this light lemon rice and still brings some nutrients. And the apple enriches the whole dish.