

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Saffron risotto with cauliflower and broccoli

Suggestions: a very tasty vegetarian dish that you can cook in Spring and all year around too. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium and zinc and vitamins of the B group, C, E, A and K.

### Instructions

extra virgin  
olive oil



coconut cream



Chop some onions very finely and put them in a hot pan with some extra virgin olive oil, stir them and add some finely chopped garlic and coconut cream flakes. Let it cook for a while and add some broccoli and cauliflower.

arborio rice



saffron



Wash some arborio rice and add it to the pan, stir it and add the saffron which you have put in a bowl with boiling water and has made a nice bouillon to add to the rice. Let it cook stirring it from time to time so it won't stick to the pan.

sea salt



white wine

coconut milk



Add some sea salt and when the broth is drying out add some white wine of your choice and let it cook at medium heat. Check that the rice is cooked but still a bit firm and is salted enough; you can also add some coconut milk to make the risotto creamier. If you prefer having the broccoli and cauliflower crunchy, you should add them after you have already cooked the rice for some time.



If you like this recipe, I would like to read your comments!  
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