

# Risotto Balls



## INGREDIENTS

Swig of olive oil	½ cup breadcrumbs
1 onion - chopped	1 egg
2 cloves garlic - minced	Mozzarella cheese cut into ±12 cubes about 1 cm in size
1 cup arborio rice	Nonstick cooking spray
¼ cup white wine	1 cup double cream yoghurt, half a lemon & 1 garlic clove minced - for dipping sauce
4 cups warm chicken broth	
⅓ cup grated Parmesan	
Tbs of butter	

## METHOD

1. Heat the olive oil in a deep medium-sized pot over a medium heat. Add the onions, garlic, salt and pepper & cook for a few mins, until translucent. Add the risotto & stir until lightly toasted, about 1 min. Pour in the wine & cook until completely absorbed. Pour in the warm chicken broth, \*if you add cold stock, your rice won't cook through. Add ½ cup at a time & cook, stirring constantly allowing all of the liquid to be absorbed before adding more. Cook until the rice is just tender and creamy, about 20 mins. Stir in the Parmesan and butter.
2. Pop the cooked risotto into a shallow dish, cover with cling wrap & refrigerate until comp cool, needs about 1 & ½ hours.
3. Once firm take the mixture & start forming arancini balls (each one needs about 2 or so

tablespoons of mixture). Flatten out the ball slightly in the palm of your hand, place 1 mozzarella cube in the centre before rolling into a ball.

4. Preheat your air fryer to 200°C & cook for 15 mins. \*Cooking times may vary.
5. In a small bowl add the breadcrumbs & in another beat 1 egg. Then dip the arancini balls into the egg before rolling them in the crumbs.
6. Add them to the basket & spray the tops with nonstick cooking spray. Cook until golden brown.
7. Serve on a bed of rocket with yoghurt mixed with fresh garlic, a sprinkling of paprika & a squeeze of lemon

## Nutrition Facts

Serving size: 90 g

Energy (kJ)	980
Protein (g)	11.4
Total Carbohydrates (g)	25
Fat (g)	8.7
Calcium (mg)	162
Fibre (g)	1.5
Sodium (mg)	379



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