

VEAL RISOTTO *with Zucchini and Sage*

4 servings

2 tbsp	PASTENE Pure Olive Oil	30 mL
1	small onion, chopped	1
1½ cups	PASTENE Italian Arborio Rice	375 mL
4 cups	veal or chicken stock, heated	1 liter
1 tbsp	PASTENE Pure Olive Oil	15 mL
¾ lb	veal tenderloin, cubed	400 g
2	medium zucchini, diced	2
½ cup	PASTENE Roasted Peppers, drained and cubed	125 mL
8	fresh sage leaves, minced	8
	salt and pepper	
	PASTENE Grated Parmesan Cheese	

- Heat olive oil in a heavy skillet over medium-high heat. Add onion and cook until soft. Add rice, stirring to coat all grains, and cook until lightly golden.
- Add 1 cup (250 mL) veal or chicken stock. Cook over medium heat until completely absorbed. Continue adding remaining stock one ladle at a time, stirring and cooking until liquid is absorbed between each addition. Cook about 18 minutes in total.
- Meanwhile, heat 1 tbsp (15 mL) olive oil in another skillet over medium-high heat. Cook veal for about 3 minutes or until browned on all sides.
- Stir veal into rice mixture, along with zucchini, roasted peppers, and sage. Cook over low heat 4-5 minutes, season to taste with salt and pepper, and serve immediately with Parmesan.

