

Lemon Garlic Keto Risotto



This Lemon Garlic Keto Risotto uses cauliflower rice as a substitute for traditional arborio rice, creating a low-carb, creamy dish flavored with fresh lemon and garlic. It's an excellent keto alternative for a classic Italian dish.

Ingredients for 2 serving (US/Metric)

- 4.5 *cup* Cauliflower
- 384g / 13.5oz Broth
- 3 *tbsp* Parmesan cheese
- Lemon zest
- Lemon juice
- Garlic Cloves
- 2 *tbsp* Butter
- 1 *tbsp* Olive oil
- 22.5 *tsp* Fresh parsley
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 22%
- Fat: 57%

- **Net carbs:** 22%

Instructions

- **Sauté Garlic:** Heat olive oil and 1 tablespoon of butter in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
- **Cook Risotto:** Add the riced cauliflower to the skillet and stir to coat in the garlic butter. Pour in chicken broth gradually, stirring frequently, until the cauliflower is tender and creamy, about 15-20 minutes.
- **Add Flavorings:** Stir in lemon zest, lemon juice, and grated Parmesan cheese. Mix until well combined and creamy.
- **Finish:** Stir in the remaining tablespoon of butter, season with salt and pepper, and mix until butter is melted and incorporated.
- **Garnish and Serve:** Garnish with chopped fresh parsley and additional Parmesan if desired. Serve warm.