



# Leek, White Bean & Sun-dried Tomato “Risotto”

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**Serves:** 2

## **Ingredients:**

**Leek, Sundried Tomato & White Bean “Risotto”:**  
(Adapted from Fork and Beans)

- 1/2 Medium head of cauliflower (to yield approx 3C when chopped fine)
- 1/2T Olive oil + 1t (divided)
- 1/2 Onion, thinly sliced
- 2 Cloves of garlic, minced
- 3/4t Dried thyme or 1 sprig fresh thyme
- 1 1/2C/1 Can Cooked white beans
- 1C Vegetable broth
- 1 Large leek, trimmed and sliced into half-moons
- 1/3C Chopped sun-dried tomatoes (soft or rehydrated)

Recipe from [coconutandberries.com](http://coconutandberries.com)

<http://coconutandberries.com/2013/10/06/leek-sun-dried-tomato-white-bean-risotto/>

- 2T Pine nuts, toasted
- Salt + Pepper
- Squeeze of lemon (optional)

## **Method:**

Place the cauliflower florets in a food processor and pulse until you get a coarse “rice” like texture. Be careful not to over-process as you want some texture.

Heat 1/2T olive oil in a medium-size pan and sauté onion for a few minutes until soft. Add garlic and thyme and continue to cook for a minute, stirring. Add half the white beans and the vegetable broth. Cover and simmer for 5 minutes. Blend this mixture using an immersion blender until a smooth purée.

Meanwhile, in another pan, sauté leeks for 10 minutes in remaining oil with a pinch of salt, for 10 minutes, or until soft.

Add the leeks, sun-dried tomatoes, remaining white beans and cauliflower rice to the white bean purée, season well with salt and pepper and stir. Cover and let simmer for 5 minutes until everything is warmed through. Add a squeeze of lemon if you like.

Divide between 2 bowls, top with a few grinds of black pepper and toasted pine nuts.