



Mund saffron risotto

Preparation time: approx. 45 minutes

1 tablespoon butter	heat in a pan
1 onion , finely chopped	
2 garlic cloves , pressed	sweat slowly
350 g risotto rice (e.g. S. Andrea)	add, cook gently, stirring all the time, until translucent
4 tomatoes , peeled, seeded, diced	
1–2 teaspoons thyme leaves	
1½ teaspoons saffron threads	add, mix
800 ml meat stock , hot	stir in gradually, keeping the rice just covered by the liquid. Simmer for approx. 25 minutes, until rice is creamy and al dente
50 g bacon , diced	fry slowly in a frying pan until crispy, drain on kitchen paper. Wipe pan with kitchen paper
clarified butter for frying	heat in the same pan
400 g veal , in small pieces	fry in batches for approx. 3 minutes and remove
½ teaspoon salt , a little pepper	season, stir into the risotto together with the diced bacon, and serve immediately

Per person: 11 g fat, 32 g protein, 74 g carbohydrate, 2196 kJ (526 kcal)