



Spring Green Pea & Herb Risotto (Dairy-Free & MCS-Friendly)

As spring awakens, this Green Pea & Herb Risotto brings a perfect balance of comfort and freshness, featuring tender green peas, fragrant herbs, and a hint of lemon. Creamy without dairy and gentle on digestion, it's a nourishing, MCS-friendly dish that welcomes the new season with every bite.

- ✓ **MCS-friendly** (no dairy, soy, gluten, or strong spices)
- ✓ **Vegan & gut-friendly**
- ✓ **Rich in plant-based protein & spring greens**

Ingredients (Serves 2-3)

For the Risotto:

- **¾ cup Arborio rice** (short-grain for creaminess)
- **3 cups homemade vegetable broth or water**
- **1 tbsp cold-pressed olive oil**
- **½ small onion or 1 shallot**, finely chopped
- **1 clove garlic, minced (optional if tolerated)**
- **½ cup green peas** (fresh or frozen)
- **½ cup zucchini, diced**
- **¼ cup fresh parsley, finely chopped**
- **2 tbsp fresh dill or basil, chopped**
- **1 tbsp lemon juice + zest of ½ lemon**
- **Salt to taste**

For Creaminess (Dairy-Free Alternative):

- **2 tbsp cashews, soaked for 2+ hours, blended with ¼ cup water**
- **OR ¼ cup coconut milk (no additives)**

Optional Toppings:

- **1 tbsp pumpkin seeds or sunflower seeds** (for crunch)
- **Extra lemon zest**



- **Microgreens for freshness**

Instructions

1. **Prepare the broth:** Keep your broth warm in a small pot over low heat.
2. **Sauté the base:** In a pan, heat the olive oil over low heat. Add onion (and garlic if using), stirring gently for **2-3 minutes** until soft.
3. **Toast the rice:** Add Arborio rice and stir for **1 minute** until slightly translucent.
4. **Slowly add broth:** Add **½ cup of warm broth** to the pan, stirring often. Once absorbed, add another **½ cup**. Repeat until all broth is used and the rice is tender, about **18-20 minutes**.
5. **Stir in the veggies:** Add green peas and zucchini in the last **5 minutes** of cooking.
6. **Make it creamy:** Stir in the blended cashew mixture (or coconut milk) for a rich texture.
7. **Add fresh herbs & lemon:** Turn off heat and mix in parsley, dill/basil, lemon juice, and zest. Taste and adjust salt if needed.
8. **Serve & garnish:** Plate and sprinkle with pumpkin seeds or microgreens for extra nutrients.

Why It's MCS-Friendly:

- ✓ **No processed ingredients** or inflammatory oils
- ✓ **Lemon & herbs support detoxification**
- ✓ **Gentle on digestion** (no strong spices)
- ✓ **Cashews or coconut milk add creaminess without dairy**

We hope you enjoy this light and nourishing risotto, bringing the fresh flavors of spring to your table with every comforting bite! 😊