




## Sformato di Riso con Zucchini

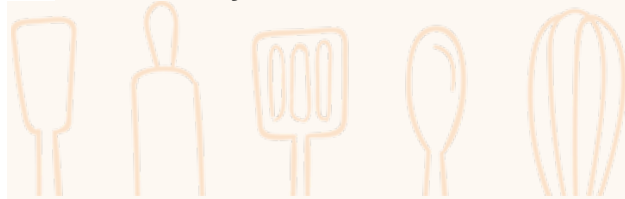
<https://www.fattoincasadabenedetta.it/ricetta/sformato-di-riso-filante-con-zucchine/>

**Flowing Rice Pudding with Zucchini** is a unique rich and tasty vegetable dish, ideal for holidays or Sundays. I like to prepare the timballi of rice because I find them a practical, easy and tasty solution perfect to propo in dinners and lunches with friends. I always prepare this flan in spring, when zucchini and peas, the basic ingredients of this recipe, are in season. If you want to make the dish even richer in vegetables, you can also add beans, artichokes and asparagus, thus bringing all the flavors of spring to the table! The base of this pie is a very good risotto with zucchini, which you can taste as it is, but to make it richer and more flavorful, I finish cooking it in the oven, filling it with béchamel and mozzarella ... at the heart of this no one will know how to resist!

### ADVERTISEMENT

If you are looking for other ideas for rice casseroles, I would also like to **mention** the **RIPPED FLAVORED RICE WITH MOZZARELLA AND SAUSAGE!**

-  **Preparation time:** 20 min
-  **Cooking time:** 30 min
-  **Ready in:** 50 min





## INGREDIENTS

- 450 g. rice for risotto
- 3 zucchini
- 200 g. peas (*they are also good frozen*)
- 2 fresh onions
- Vegetable broth to taste
- Half a glass of white wine
- 20 g. butter
- 1 glass of milk
- 300 g. mozzarella cheese
- 300 ml. bechamel
- 80 g. grated cheese
- Salt and Pepper To Taste
- EVO oil as required
- Breadcrumbs to taste

## DOSES FOR PORTIONS

1. Prepare a sauté in a large pot with a little olive oil and chopped spring onions. Ready the sauté, add the rice, the zucchini cut into cubes and the peas and sauté all the ingredients over a high flame for 5 minutes, adding salt and pepper to taste. Evaporate off now the white wine.



2.

Once the wine has evaporated off, add a ladle of hot broth at a time, stirring constantly until the rice is cooked, behaving as you would for a classic risotto. In this case, however, take care to leave the rice al dente as it will end its cooking in



the oven.



3. When the risotto is ready, turn off the heat and stir in 50 g. grated cheese (I used grana), butter and glass of milk, stirring vigorously.





4. Here is the risotto ready to be turned into a pie! You could also stop at this point of the recipe and enjoy it as a simple risotto with zucchini!



5. Put half of the risotto in a baking dish (my size 20 cm x 25 cm) greased with oil and covered with breadcrumbs. Stuffed with a layer of béchamel, the cubes of

mozzarella and a sprinkling of grated cheese.



6. Cover with the remaining rice, then sprinkle the pie with plenty of grated cheese and a little 'breadcrumbs. Put the pan in a preheated oven at 200 degrees for 30



minutes, maybe by operating the grill 5 minutes before churning out.





7. Here is a portion of the stringy rice flan with zucchini served on the table. I recommend eating it hot to enjoy the spinning effect!

