

Vegetarian Risotto

Cauliflower

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This flavorful vegetarian cauliflower risotto is a vibrant and easy meatless meal you can enjoy any day of the week. Made with one head of cauliflower, hearty chickpeas, baby spinach, crunchy walnuts, and sweet dried apricots, it's a colorful, satisfying dish that's both nutritious and filling.

Looking for a healthy lunch or dinner idea? This cauliflower risotto is the perfect choice. And if you're not strictly vegetarian, feel free to top it with some grilled chicken for extra protein.

The inspiration? I was craving risotto—but didn't have any rice. What I *did* have was a beautiful head of cauliflower, and that's when the lightbulb moment happened. Cauliflower has evolved from a basic side dish to a star ingredient in everything from pizza crusts to hearty steaks—so why not risotto?

I wasn't sure exactly how it would turn out, but I trusted the flavors—and the result was absolutely delicious. Creamy, satisfying, and full of texture, this cauliflower risotto is a fresh way to rethink dinner.

Things to know about this

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You said:

Start by prepping your cauliflower. Pulse it *raw* in a food processor in batches until it reaches a rice-like texture. Be careful not to over-process—otherwise, you'll end up with mashed cauliflower. For added texture and bite, chop a handful of small florets by hand and mix them in with the riced cauliflower.

This step is key. To create a satisfying cauliflower risotto, you want the base to mimic real risotto—light, tender, and not mushy.

Step 1:

Heat a large sauté pan over medium heat. Cook the onions and garlic in a bit of olive oil until soft and fragrant. Then, add the cauliflower rice in batches to avoid overcrowding the pan. Let it brown slightly to deepen the flavor.

Step 2:

Unlike traditional risotto, you won't need to stir in liquid gradually. Unless you prefer a looser, more “creamy” texture—then feel free to add up to 1 cup of vegetable broth.

Let me just say—I'm not a vegetarian, and I used to find cauliflower a bit bland. But this cauliflower risotto is genuinely *delicious*. It's a flavorful, satisfying way to turn simple vegetables into something special.

If you try this recipe, I'd love to hear what you think! Leave a comment below and tag me on Instagram so I can see your beautiful creations—it's truly the best part of sharing these recipes.

Ingredients

- 1 medium head of cauliflower, chopped
- 1 medium onion, finely chopped
- 1 tablespoon minced garlic
- 3 cups fresh spinach, chopped
- 1 (15 oz) can chickpeas, rinsed and drained
- 1 cup grated Parmesan cheese
- 1 cup chopped walnuts
- 1 cup chopped dried apricots
- 1/4 cup chopped fresh Italian parsley
- Salt and freshly ground black pepper, to taste

Instructions

1. Place the cauliflower in a food processor and pulse in batches until it resembles coarse rice.
2. In a large sauté pan, heat the olive oil and butter over medium heat. Add the onion and garlic, and sauté until tender and just beginning to brown.

Stir in the riced cauliflower and cook, stirring occasionally, until golden brown—about 10 minutes.

Add the remaining ingredients and cook for another 5 minutes, until everything is well combined and heated through.

Finish with a sprinkle of extra Parmesan and fresh

Italian parsley before serving.