

Tickle your tastebuds
with feel-good recipes from
Dr. Olivier Courtin that help
promote beautiful skin.

MILLET, PEAS, SPINACH RISOTTO

RECIPE

Heat the olive oil in a pan, add the garlic and a bit of salt and sauté rapidly.

Add the millet and pour a first ladle of hot vegetable bouillon on the millet. Continue adding bouillon gradually as the millet absorbs it, as for a risotto. Cook for a total of 20 minutes.

During this time, place 10 oz. (300 g) of the peas, the spinach leaves and the mint into the bowl of a mixer with a small quantity of water. Blend to obtain a homogeneous texture.

Add more water if needed.

Incorporate this preparation into the millet when the cooking time is up.

Mix then serve and decorate with a few raw peas and edible flowers of the season. Add pepper to taste.



FOR 4 people

PREPARATION 25 minutes

COOKING 20 minutes

- 1 clove of garlic, peeled and slivered
- 1¾ pints (1 litre) fresh vegetable bouillon, heated
- 9 oz. (250 g) millet
- 14 oz. (400 g) shelled peas
- 2 handfuls of young spinach leaves
- A few sprigs of mint
- 1 Tbs. olive oil
- Salt, pepper to taste
- Edible flowers