




Product Spotlight: Walnuts


Walnuts have been recognised since ancient times as a symbol of intellectuality and are a good source of Omega-3s, which support brain and heart health.



H4 Mushroom Risotto with Fennel and Walnut Salad

Luscious mushroom risotto cooked with fennel seeds and red onion, served with feta cheese and a roasted fennel and walnut salad.

 30 minutes

 4 servings

 Vegetarian

6 May 2022

Spice it up!

Some other flavours you can add to your risotto are dried thyme, crushed garlic cloves, lemon zest and juice or chicken or vegetable stock.

Per serve: **PROTEIN** 30g **TOTAL FAT** 41g **CARBOHYDRATES** 69g

FROM YOUR BOX

RED ONION	1
MUSHROOMS	1 bag (300g)
FENNEL	1
ARBORIO RICE	1 packet (300g)
WALNUTS	1 packet (130g)
AUSTRALIAN FETA CHEESE	1 packet
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, fennel seeds, white wine vinegar

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Swap the water for liquid stock or water and a stock cube if desired.

Add the walnuts to the oven tray to roast for the last 5 minutes, if preferred.



1. COOK THE MUSHROOMS

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil (or butter)**. Slice onion and mushrooms. Add to pan as you go along with **2 tsp fennel seeds** and cook, stirring occasionally, for 5 minutes.



2. ROAST THE FENNEL

Wedge fennel (reserve any green fronds) and toss on a lined oven tray along with **oil, salt and pepper**. Roast for 12-15 minutes until fennel is tender (see notes).



3. ADD THE RICE

Add rice to frypan. Toast for 1-2 minutes. Pour in **4 cups water** (see notes). Bring to a boil, stir, and reduce heat to low. Cook, covered, for 15-18 minutes, stirring occasionally.



4. STIR THROUGH FETA

Crumble 1/2 feta cheese into risotto. Stir to combine. Season to taste with **salt and pepper**.



5. MAKE THE FENNEL SALAD

In a large bowl whisk together **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Add roasted fennel, walnuts and rocket leaves and toss until coated.



6. FINISH AND SERVE

Divide risotto among bowls. Crumble over remaining feta cheese and garnish with reserved fennel fronds. Serve with fennel salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

