



Product Spotlight: Pepitas


Pepitas (pumpkin seeds) are a rich source of zinc. This essential mineral has a long list of health benefits; healing, growth, development and immune function.



H4 Super Green Risotto with Roasted Beets and Labneh

Luscious risotto cooked with super green baby spinach served with roasted beetroots, Naked Food Co lemon myrtle labneh and toasted rosemary seed and nut topping.

 30 minutes

 4 servings

 Vegetarian

12 August 2022

Spice it up!

You can add something to this recipe that makes it more exciting if you're an adventurous foodie or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 16g **TOTAL FAT** 11g **CARBOHYDRATES** 73g

FROM YOUR BOX

| | |
|--------------|-----------------|
| BEETROOTS | 2 |
| BROWN ONION | 1 |
| CARROT | 1 |
| ARBORIO RICE | 1 packet (300g) |
| BABY SPINACH | 1 bag (200g) |
| ROSEMARY | 1 sprig |
| SEED+NUT MIX | 1 packet (60g) |
| LEMON | 1 |
| LABNEH | 1 tub |

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

2 frypans, oven tray

NOTES

Instead of adding the carrot to the risotto, you can cut it into angular pieces and add it to the roasting tray.



1. ROAST THE BEETROOT

Set oven to 220°C.

Trim and finely wedge beetroots (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until tender.



2. SAUTÉ THE ONION

Heat a large frypan over medium–high heat with **oil**. Dice onion and carrot. Add to pan and sauté for 5 minutes until onion begins to soften. Add rice and cook, stirring, for a further 2 minutes.



3. SIMMER THE RISOTTO

Pour in **3 cups water** and crumble in **stock cube**. Bring to a boil, stir, and reduce heat to low. Cook, covered, for 15–18 minutes, stirring occasionally, until liquid is reduced and rice is tender. Stir in baby spinach.



4. MAKE THE TOPPING

Heat a small frypan over medium–high heat with **1 tbsp oil**. Finely chop rosemary leaves. Add to pan along with seed+nut mix. Toast for 2–4 minutes until nuts begin to brown. Season with **salt and pepper**.



5. SEASON THE RISOTTO

Zest lemon. Stir through risotto along with juice from 1/2 lemon (wedge remaining). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide risotto among shallow bowls. Dot over labneh. Top with roasted beetroots and sprinkle over topping. Serve with lemon wedges.

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

