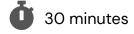




# **Risotto**

# with Cherry Tomatoes and Mushrooms

This risotto is sure to be a favourite, enriched with nutritional yeast and topped with roasted cherry tomatoes, mushrooms, crunchy nuts and watercress.







If rosemary is not a favourite herb in your household, replace it with thyme, oregano, basil, or a mixture. (Fresh or dried will work equally well.) Add some grated lemon zest just before serving for a citrus zing.

TOTAL FAT CARBOHYDRATES PROTEIN

23g

21g

84g

### FROM YOUR BOX

SHALLOT	1
MUSHROOMS	1 bag (200g)
CHERRY TOMATOES	1 bag (200g)
ABORIO RICE	150g
VEGETABLE STOCK	1 jar
ALMONDS/PINENUTS	1 packet (50g)
WATERCRESS	1 punnet
NUTRITIONAL YEAST	1 packet (10g)

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 2 garlic cloves, balsamic vinegar, dried rosemary

#### **KEY UTENSILS**

large frypan, oven tray, kettle, frypan

### **NOTES**

Replace dried rosemary with 1 tbsp fresh rosemary if you have some in your (or your neighbours' (2) garden.

If you like your risotto a little wetter simply add a little more water or plant-based milk for a creamier finish.



# 1. SAUTÉ THE SHALLOT

Set oven to 220°C.

Heat a large frypan over medium-high heat with oil. Dice and add shallot along with crushed garlic and 1 tsp rosemary (see notes). Cook for 5 minutes until softened.



### 2. ROAST THE TOMATOES

Quarter mushrooms. Toss together on a lined oven tray with cherry tomatoes, 1 tbsp vinegar, oil, salt and pepper. Cook for 20 minutes or until tender.



## 3. COOK THE RISOTTO

Boil the kettle.

Add rice to frypan and stir for 1 minute. Add 2 tsp stock and 2 cups of boiling water. Stir well and bring to a simmer. Reduce heat to medium and cook gently for 20 minutes, stirring occasionally or until rice is tender (add a little extra water if needed).



# 4. TOAST THE NUTS

Heat a frypan over medium high heat. Roughly chop nuts and toast for 1-2 minutes until golden (optional).



# 5. DRESS THE WATERCRESS

In a bowl whisk together 1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper. Roughly chop watercress and toss through dressing.



### 6. FINISH AND SERVE

Stir nutritional yeast through risotto until incorporated (see notes). Season to taste with pepper.

Serve into bowls and top with watercress and toasted nuts.



