



### Product Spotlight: Mushrooms


Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!




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## 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.

 30 minutes

 2 servings

 Plant-Based

29 July 2022

## Mix it up!

*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.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 21g **CARBOHYDRATES** 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' 😊) 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.

**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**

