



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 snow pea sprouts.



30 minutes



4 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** 19g **TOTAL FAT** 17g **CARBOHYDRATES** 77g

FROM YOUR BOX

RED ONION	1
MUSHROOMS	1 bag (400g)
CHERRY TOMATOES	1 bag (400g)
ABORIO RICE	300g
VEGETABLE STOCK	1 jar
ALMONDS/PINENUTS	1 packet (100g)
SNOW PEA SPROUTS	1 punnet
NUTRITIONAL YEAST	1 packet (20g)

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 some plant based milk for a creamier finish.



1. SAUTÉ THE ONION

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Dice and add onion along with **crushed garlic** and **1/2 tbsp rosemary** (see notes). Cook for 5 minutes until softened.



4. TOAST THE NUTS

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



2. ROAST THE TOMATOES

Quarter mushrooms. Toss together on a lined oven tray with cherry tomatoes, **2 tbsp vinegar, oil, salt and pepper**. Cook for 20 minutes or until tender.



5. DRESS THE SPROUTS

In a bowl whisk together **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**. Halve sprouts and toss through dressing.



3. COOK THE RISOTTO

Boil the kettle.

Add rice to frypan and stir for 1 minute. Add stock and **4 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).



6. FINISH AND SERVE

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

Serve into bowls and top with sprouts 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**

