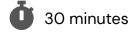




# **Risotto**

# 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.





4 servings



Plant-Based

# 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.

19g

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' (2) 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.



# 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.



# 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).



# 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 SPROUTS**

In a bowl whisk together 1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper. Halve sprouts 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 sprouts and toasted nuts.



