



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asparagus

Asparagus is a good source of vitamin E (among many others), an important antioxidant. This vitamin helps strengthen your immune system and protects cells from the harmful effects of free radicals.



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Asparagus Risotto with Lemon and Almonds

It must be spring! Beautiful pan-fried asparagus stirred through risotto with almond milk cheese and toasted almonds.



30 minutes



4 servings



Plant-Based

7 October 2022

Freshen it up!

If you have some fresh herbs in the garden (or fridge), chop and add them when serving, mint, parsley, thyme or oregano would work well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	11g	69g

FROM YOUR BOX

RED ONION	1
GARLIC CLOVES	2
ARBORIO RICE	300g
SLIVERED ALMONDS	1 packet
ZUCCHINI	1
ASPARAGUS	2 bunches
LEMON	1
ALMOND MILK CHEESE	1 block

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube, dried thyme

KEY UTENSILS

2 large frypans, kettle

NOTES

If the risotto is looking a little dry and the rice is not quite cooked, add a little extra water.



1. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Slice and add onion along with crushed garlic and **1 tsp thyme**. Cook for 3 minutes.



2. ADD THE RICE

Boil the kettle with **4 cups water**. Add rice to frypan and stir for 1 minute. Crumble in **stock cube** and add water. Semi-cover and simmer for 12-18 minutes or until rice is tender, stirring occasionally (see notes).



3. TOAST THE ALMONDS

Toast almonds in a dry frypan over medium-high heat for 1-2 minutes, or until golden. Remove and reserve pan.



4. SAUTÉ THE VEGETABLES

Add **oil** to frypan and increase heat to high. Halve zucchini lengthways and cut into crescents, adding to pan as you go. Trim and halve asparagus and zest lemon to yield 1 tsp. Add to pan and cook until just tender. Season with **salt and pepper**.



5. FINISH THE RISOTTO

Grate cheese. Stir half the vegetables and half the cheese through the risotto. Squeeze in lemon juice to taste, wedge remaining. Season with **salt and pepper**.



6. FINISH AND SERVE

Serve risotto into bowls. Top with remaining vegetables and add a lemon wedge. Sprinkle with almonds and extra cheese. Drizzle with **olive oil** (optional).

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

