

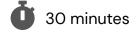




Spring Risotto

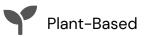
with Mint Zucchini

A cheesy risotto brought to life with lemon and mint, topped with tarragon roasted zucchini and Brussels sprouts; this dish is decadent and light at the same time!





2 servings



Bulk it up!

Sliced mushrooms, cherry tomatoes and pumpkin are great additions to this risotto! Add them to the rice as it simmers. Any leftovers can be rolled into balls, crumbed and baked like arancini!

PROTEIN TOTAL FAT CARBOHYDRATES

16g

44g

FROM YOUR BOX

ZUCCHINI	1
BRUSSELS SPROUTS	100g
GARLIC CLOVE	1
LEEK	1
ARBORIO RICE	150g
SLIVERED ALMONDS	1 packet (40g)
LEMON	1
MINT	1 packet
ALMOND CHEDDAR CHEESE	1 packet

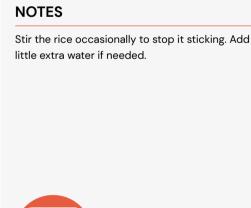
FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vegetable stock cube, dried tarragon

KEY UTENSILS

oven tray, large frypan with lid, kettle, frypan

Stir the rice occasionally to stop it sticking. Add a





1. ROAST THE GREENS

Set oven to 220°C. Boil 3 cups water in the kettle.

Cut zucchini into angular pieces and wedge Brussels sprouts. Toss with oil, 1/2 tsp tarragon, crushed garlic clove, salt and pepper on a lined oven tray. Roast for 20 minutes until tender.



2. SIMMER THE RISOTTO

Heat a frypan over medium-high heat with olive oil. Slice and add leek. Cook for 5 minutes. Stir in rice. 1 crumbled stock cube and 2 cups hot water. Cover and cook for 15-20 minutes or until rice is tender (see notes).



3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Set aside.



4. MAKE THE DRESSING

Zest lemon (save 1/2 zest for garnish) and finely slice mint. Whisk both together with juice from 1/2 lemon, 2 tbsp olive oil, salt and pepper in a bowl.



5. FINISH THE RISOTTO

Grate cheddar cheese (use to taste) and stir through risotto along with 1/2 tbsp lemon juice. Season to taste with salt and pepper.



6. FINISH AND SERVE

Top risotto with roasted greens. Spoon over dressing and garnish with reserved lemon zest and toasted almonds.



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



