



**Product Spotlight:
Zucchini**

Most of the antioxidants and fibre in zucchini are in the skin, so make sure you don't peel it before cooking!



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!



30 minutes



4 servings



Plant-Based

15 September 2023

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	22g	76g

FROM YOUR BOX

ZUCCHINIS	2
BRUSSELS SPROUTS	100g
GARLIC CLOVES	2
LEEK	1
ARBORIO RICE	300g
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

NOTES

Stir the rice occasionally to stop it sticking. Add a little extra water if needed.



1. ROAST THE GREENS

Set oven to 220°C. Boil **1.2L water** in kettle.

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



4. MAKE THE DRESSING

Zest lemon (save 1/2 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.



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 **1.2L hot water**. Cover and cook for 15-20 minutes or until rice is tender (see notes).



5. FINISH THE RISOTTO

Grate cheddar cheese and stir through risotto along with juice from 1/2 lemon. Season to taste with **salt and pepper**.



3. TOAST THE ALMONDS

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



6. FINISH AND SERVE

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



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