



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: English Spinach


Spinach has an extremely high nutritional value and is rich in antioxidants. Antioxidants protect the body from damage caused by harmful molecules called free radicals.


Speed it up!

Instead of making the green puree at step 4 you can slice the spinach and fold through for the last 4-5 minutes of cooking time.

K4 Super Green Risotto with Roasted Tomatoes

Fresh green risotto packed with nutrition. Spinach, sugar snap peas, tomatoes, and nut cheese all combine for a creamy delicious meal.

 30 minutes

 4 servings

 Plant-Based

25 March 2022

Per serve: **PROTEIN** 10g **TOTAL FAT** 7g **CARBOHYDRATES** 74g

FROM YOUR BOX

TOMATOES	4
BROWN ONION	1
GARLIC CLOVES	2
ARBORIO RICE	300g
ENGLISH SPINACH	1 bunch
NUT CHEESE	1 block
PARSLEY	1 bunch
SUGAR SNAP PEAS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, dried mint, stock cube (of choice)

KEY UTENSILS

2 x large frypans, oven tray, stick mixer or food processor

NOTES

If you have fresh mint, leave the mint out in this step and add fresh mint (roughly half a cup sliced) when adding the cheese. You could also use oregano or thyme if preferred.

Add a little more water, stock or even plant based milk if risotto is a bit dry.



1. ROAST THE TOMATOES

Set oven to 200°C.

Wedge tomatoes and place on a lined oven tray. Toss with **oil, 1 tsp oregano, salt and pepper**. Roast for 20–25 minutes.



2. FRY THE ONION

Heat a large frypan with **oil** over medium heat. Dice and add onion. Cook for 3–4 minutes, then crush and add garlic along with **1 tsp dried mint** (see notes).



3. ADD THE RICE

Stir in rice and toast for 1–2 minutes. Pour in **4 cups water** and crumble in **stock cube**. Bring to boil, stir, and reduce heat to low. Cover and cook for 15–18 minutes, stirring occasionally.



4. BLEND THE SPINACH

Heat a frypan over medium–high heat with **oil**. Wash and roughly chop spinach. Cook for 2–3 minutes until just wilted. Transfer to a jug and blend until smooth.



5. FINISH THE RISOTTO

Grate the cheese. Stir blended spinach through rice along with grated cheese, and cook for 3–4 minutes (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop parsley and slice sugar snap peas.

Serve risotto into bowls and top with roasted tomatoes, parsley and sugar snap peas.

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

