



### Product Spotlight: Arborio Rice

When making risotto, use round, medium or short-grain white rice. These varieties absorb liquids and release starch better, making them stickier than long-grain varieties.



## Vegetable Medley Risotto with Labneh

Roasted Mediterranean vegetables stirred through a luscious risotto, served with toasted almonds, creamy labneh and fresh lemon-dressed zucchini ribbons.



30 minutes



2 servings



Vegetarian

24 February 2023

### Spice it up!

*A pinch of dried chilli flakes or slices of fresh red chilli would make a great addition to the risotto.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	28g	83g

## FROM YOUR BOX

YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
BROWN ONION	1
ARBORIO RICE	1 packet (150g)
LEMON	1
ZUCCHINI	1
DILL	1 packet
FLAKED ALMONDS	1 packet (40g)
LABNEH	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

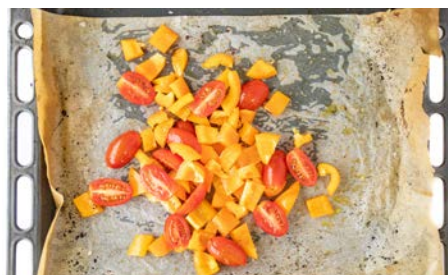
## KEY UTENSILS

2 frypans, oven tray, kettle

## NOTES

Add a dried or fresh herb to roasted vegetables or risotto for more flavour! Oregano, thyme or rosemary would work well.

A dry frypan simply means that you don't add oil.



### 1. ROAST THE VEGETABLES

Set oven to 220°C and boil the kettle.

Chop capsicum and halve cherry tomatoes. Add to a lined oven tray and toss with **oil, salt and pepper** (see notes). Roast for 15–20 minutes or until tender.



### 4. RIBBON THE ZUCCHINI

Zest lemon and set zest aside.

Ribbon or julienne the zucchini and chop dill. Add to a bowl with juice from 1/2 lemon (wedge remaining and set aside), **salt and pepper**. Toss to combine.



### 2. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan. Sauté for 5 minutes until onion begins to soften.



### 5. TOAST THE ALMONDS

Heat a frypan over medium-high heat. Add almonds and toast in dry frypan (see notes) for 3–4 minutes, or until golden.



### 3. COOK THE RISOTTO

Add rice to pan. Cook for 1 minute. Crumble in **stock cube** and pour in **2 cups hot water**. Stir well and bring to a simmer. Reduce heat to medium and cook, covered, for 20 minutes or until rice is tender. Stir occasionally (add a little extra water if needed).



### 6. FINISH AND SERVE

Stir reserved lemon zest and roasted vegetables into risotto. Season with **salt and pepper**.

Serve risotto tableside. Dot over labneh and top with ribboned zucchini. Serve with lemon wedges.

**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**

