



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



4 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
	28g	28g	77g

FROM YOUR BOX

YELLOW CAPSICUM	1
CHERRY TOMATOES	2 x 200g
BROWN ONION	1
ARBORIO RICE	1 packet (300g)
LEMON	1
ZUCCHINIS	2
DILL	1 packet
FLAKED ALMONDS	1 packet (80g)
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.



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.



3. COOK THE RISOTTO

Add rice to pan. Cook for 1 minute. Crumble in **stock cube** and pour in **4 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).



4. RIBBON THE ZUCCHINI

Zest lemon and set zest aside.

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



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.



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.

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