



Product Spotlight: Hemp Seeds

Hemp seeds are a sustainable food source. They require a relatively small amount of water and grow abundantly without chemicals.



Rustic Tomato Risotto with Hemp Seed Crunch

Creamy arborio risotto simmered in a rich tomato passata and vegetable stock base with cherry tomatoes, topped with zesty lemon snow peas, toasted hemp and seed mix, and fresh parsley.



40 minutes



Plant-Based



2 servings

Spice it up!

For a richer, creamier risotto, substitute half the water at step 2 for milk or cream of choice, add cheese of choice or add a tablespoon of nutritional yeast at the end of cooking for a savoury, cheesy flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	18g	96g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
CELERY STICK	1
CHERRY TOMATOES	200g
ARBORIO RICE	150g
TOMATO PASSATA	1 bottle
VEG STOCK PASTE	1 jar
SNOW PEAS	150g
LEMON	1
PARSLEY	1 packet
HEMP + MIXED SEEDS	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, dried chilli flakes (optional)

KEY UTENSILS

2 frypans

NOTES

A drizzle of good quality olive oil over each bowl just before serving adds richness and depth.

For extra kick, garnish risotto with an extra sprinkle of dried chilli flakes or slices of fresh red chilli!



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1. PREPARE THE INGREDIENTS

Dice **onion**, slice **celery**, crush **garlic** and rinse **cherry tomatoes**.



2. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Add **onion, celery, garlic, 1 tsp dried thyme** and **1/2 tsp dried chilli flakes**. Sauté for 5 minutes until vegetables begin to soften.



3. SIMMER THE RISOTTO

Add **rice** and toast for 2 minutes. Add **cherry tomatoes, tomato passata, stock paste** and **1 cup water**. Bring to a boil, cover, and simmer over medium heat for 20 minutes or until liquid has been absorbed.



4. PREPARE THE TOPPINGS

Trim and slice **snow peas**. Add to a bowl along with **lemon zest and juice from 1/2 lemon** (wedge remaining). Season with **salt and pepper**. Finely chop **parsley leaves**.



5. TOAST THE SEED MIX

Heat a second frypan over medium-high heat. Add **hemp and seed mix**. Toast for 3-4 minutes until seeds are becoming golden. Remove seeds from pan.



6. FINISH AND SERVE

Season **risotto** to taste with **salt and pepper** (see notes).

Divide **risotto** among shallow bowls. Top with **snow peas, hemp & seed mix** and **parsley**. Serve with **lemon wedges**.

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