



**Product Spotlight:
Mushrooms**

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



Risotto
with Cherry Tomatoes and Mushrooms

This risotto is sure to be a favourite, enriched with nutritional yeast and topped with roasted cherry tomatoes, mushrooms, crunchy nuts and watercress.

30 minutes 4/6 servings Plant-Based

Mix it up!

If rosemary is not a favourite herb in your household, replace it with thyme, oregano, basil, or a mixture (fresh or dried will work equally well). Add some grated lemon zest just before serving for a citrus zing.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g	48g	95g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
GARLIC CLOVES	2	3
ROSEMARY SPRIG	1	2
MUSHROOMS	400g	400g + 200g
CHERRY TOMATOES	2 x 200g	3 x 200g
ARBORIO RICE	300g	300g + 150g
VEGETABLE STOCK	1 small jar	1 small jar
ALMONDS/PINENUTS	100g	2 x 100g
WATERCRESS	1 sleeve	1 sleeve
NUTRITIONAL YEAST	20g	2 x 20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, kettle, frypan

NOTES

If you like your risotto a little wetter simply add a little more water or plant-based milk for a creamier finish.



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1. SAUTÉ THE RED ONION

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Dice and add **red onion** along with **crushed garlic** and finely chopped **rosemary**. Cook for 5 minutes until softened.



2. ROAST THE TOMATOES

Quarter **mushrooms**. Toss together on a lined oven tray with **cherry tomatoes**, **2 tbsp vinegar**, **oil**, **salt** and **pepper**. Cook for 20 minutes or until tender.

6P - use **3 tbsp balsamic vinegar**.



3. COOK THE RISOTTO

Boil the kettle.

Add **rice** to frypan and stir for 1 minute. Add **stock** and **4 cups hot water**. Stir well and bring to a simmer. Reduce heat to medium and cook gently for 20 minutes, stirring occasionally or until rice is tender (add a little extra water if needed).

6P - add **stock** and **6 cups boiling water**.



4. TOAST THE NUTS

Heat a frypan over medium high heat. Roughly chop **nuts** and toast for 1-2 minutes until golden (optional).



5. DRESS THE WATERCRESS

In a bowl whisk together **1 tbsp olive oil**, **1/2 tbsp balsamic vinegar**, **salt** and **pepper**. Trim and halve **watercress** and toss through dressing.



6. FINISH AND SERVE

Stir **nutritional yeast** through **risotto** until incorporated (see notes). Season to taste with **pepper**.

Serve into bowls and top with **roast vegetables**, **watercress** and **toasted nuts**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

