

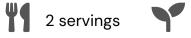


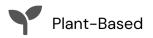


Creamy Mushroom Risotto

Creamy mushroom risotto served with thyme roasted Brussels sprouts and cauliflower blossoms, topped with toasted hemp and mixed seeds.







Switch it up!

Stir through a spoonful of plant-based cream cheese, coconut cream, nutritional yeast, or miso paste for added creaminess and umami.

FROM YOUR BOX

BRUSSELS SPROUTS	200g
CAULIFLOWER BLOSSOMS	1 punnet
BUTTON MUSHROOMS	300g
ТНҮМЕ	1 packet
BROWN ONION	1
GARLIC	1 clove
ARBORIO RICE	150g
VEGETABLE STOCK PASTE	1 jar
HEMP & MIXED SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds

KEY UTENSILS

2 frypans, oven tray

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

Stir baby spinach, finely shredded kale, or green peas through risotto at the end for extra freshness.

Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas





1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve Brussels sprouts and 1/2 mushrooms (reserve remaining for step 2), trim cauliflower blossoms and remove thyme leaves (see notes). Toss on a lined oven tray with oil, salt and pepper. Roast for 15-20 minutes until tender.



4. TOAST THE SEEDS

Heat a second frypan over medium-high heat. Add hemp & mixed seeds and toast for 2-4 minutes until golden.



2. SAUTÉ THE ONION

Dice onion, crush garlic and slice remaining mushrooms. Heat a large frypan over medium-high heat with oil. Add onion, garlic, sliced mushrooms and 1 tsp fennel seeds. Sauté for 3-5 minutes until onion has softened.



3. SIMMER THE RISOTTO

Add rice and stir to coat. Add 600ml water and 2/3 jar stock paste. Bring to a boil and reduce to medium heat. Simmer, semi-covered, stirring occasionally, until water has been absorbed and rice is tender (see notes).



5. FINISH AND SERVE

Adjust seasoning of the risotto to taste with salt and pepper.

Divide risotto among shallow bowls. Top with roasted vegetables and seed mix.





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