



Product Spotlight: Urban Forager

Urban Forager create a delicious organic stock concentrate full of real vegetables which are 100% Australian. They have no fillers and are palm oil free.



Creamy Risotto with Candied Pecans

Velvety risotto simmered in a rich coconut cashew cream sauce with butternut pumpkin and wilted spinach, finished with golden candied pecans for an irresistible sweet and savoury crunch.



35 minutes



Plant-Based



2 servings

Leftovers!

Leftover risotto can be shaped into patties and pan-fried in a little oil the next day to make crispy arancini-style cakes, top with the remaining candied pecans.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	41g	75g

FROM YOUR BOX

SOUR CREAM MIX	1 packet
COCONUT MILK	400ml
VEGGIE STOCK PASTE	1 jar
BROWN ONION	1
GARLIC CLOVE	1
BUTTERNUT PUMPKIN	1
ARBORIO RICE	150g
CANDIED PECAN MIX	1 packet
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, saucepan, stick mixer or blender

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Candied Pecan Mix: pecans, brown sugar, ground cinnamon, ground nutmeg



1. MAKE CREAMY SAUCE

Add **sour cream mix**, **coconut milk** and **1L water** to a saucepan (see notes). Cover and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat and use a stick mixer to blend until smooth and creamy.



2. PREPARE THE INGREDIENTS

Peel **pumpkin** (use pumpkin to taste) and dice into roughly 3cm cubes. Dice **onion** and crush **garlic**.



3. COOK THE RISOTTO

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **garlic**, and sauté for 3 minutes to soften. Add **rice** and **pumpkin**, sauté for 1 minute. Pour in **creamy sauce**, reduce to medium heat and simmer for 20 minutes or until liquid has been absorbed.



4. CANDY THE PECANS

Line a plate with baking paper. Heat a second frypan over medium heat. Add **1 tbsp water** and **candied pecan mix** and stir to combine. Cook for 3–5 minutes until **sugar** begins to bubble and **water** has evaporated. Remove **candied pecans** to baking paper.



5. ADD THE SPINACH

Add **spinach** to **risotto** and season to taste with **salt and pepper**. Mix to wilt **spinach**, then remove **risotto** from heat.



6. FINISH AND SERVE

Divide **creamy risotto** among shallow bowls. Top with **candied pecans**.



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