





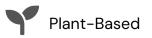
## **Crispy Jerusalem Artichokes**

## over Creamy Rice

Creamy and warming lemon and nutritional yeast risotto, served with crispy pan-fried Jerusalem artichokes, green vegetables and seed and nut clusters.







# Bulk it up!

If you have some mushrooms, or green vegetables like zucchini, baby spinach, or frozen peas, add them into your risotto to bulk it up.

TOTAL FAT CARBOHYDRATES

24g

79g

### FROM YOUR BOX

BROWN ONION	1
SUSHI RICE	150g
LEMON	1
NUTRITIONAL YEAST	1 packet
CLUSTER MIX	1 packet
JERUSALEM ARTICHOKES	300g
GREEN BEANS	150g
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried thyme, sugar of choice

#### **KEY UTENSILS**

2 frypans

#### **NOTES**

Add extra flavours such as smoked paprika, sweet paprika, dried chilli flakes, or dried herbs to the clusters.

Cluster mix: slivered almonds, pepitas, sunflower seeds





## 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Slice onion, add to pan along with 1/2 tbsp thyme and cook for 3 minutes.



## 4. FRY THE ARTICHOKES

Reheat frypan over medium-high heat with **oil.** Thinly slice Jerusalem artichokes. Add to pan along with **1 tsp thyme**. Cook, semi-covered, for 8-10 minutes, turning occasionally, until golden and tender.



## 2. SIMMER THE RISOTTO

Add rice to pan and stir to coat. Add lemon zest, juice from 1/2 lemon (wedge remaining), nutritional yeast, crumbled stock cube and add 2 1/2 cups water. Bring to a boil, semi-cover and simmer over medium heat until water has been absorbed (about 15-20 minutes).



## 3. TOAST THE CLUSTER MIX

Heat a second frypan over medium high heat with a little oil. Add cluster mix with 1/4 tsp thyme, 1 tsp sugar, salt and pepper (see notes). Cook, stirring, for 3-4 minutes or until browned and sugar has dissolved. Tip onto a piece of baking paper to cool.



## 5. ADD THE BEANS

Trim green beans and cut into thirds. Add into pan with artichokes for the last 2 minutes of cooking time. Stir through lemon zest and season with salt and pepper.



## 6. FINISH AND SERVE

Divide risotto among shallow bowls. Top with pan-fried vegetables, snow pea sprouts and lemon wedges. Top with clusters.

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