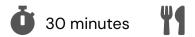






# **Creamy Mushroom Risotto**

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.

TOTAL FAT CARBOHYDRATES

45g

#### **FROM YOUR BOX**

| BRUSSELS SPROUTS      | 400g     |
|-----------------------|----------|
| CAULIFLOWER BLOSSOMS  | 1 punnet |
| BUTTON MUSHROOMS      | 300g     |
| ТНҮМЕ                 | 1 packet |
| BROWN ONION           | 1        |
| GARLIC                | 2 cloves |
| ARBORIO RICE          | 300g     |
| VEGETABLE STOCK PASTE | 2 jars   |
| 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 2 tsp fennel seeds. Sauté for 3-5 minutes until onion has softened.



### 3. SIMMER THE RISOTTO

Add **rice** and stir to coat. Add **1.2 L water** and **stock paste**. Bring to a boil and reduce to medium heat. Simmer, semicovered, 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.** 

