




Product Spotlight: Hemp Seeds


Hemp seeds are an excellent source of protein, magnesium and fibre. They can also help to reduce inflammation and balance hormones.



Creamy Mushroom Risotto

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

 30 minutes

 4 servings

 Plant-Based

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	25g	45g

FROM YOUR BOX

BRUSSELS SPROUTS	400g
CAULIFLOWER BLOSSOMS	1 punnet
BUTTON MUSHROOMS	300g
THYME	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



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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, 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**.

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