



Product Spotlight: Jerusalem Artichokes

The Jerusalem artichoke is a variety of sunflower and looks a lot like ginger. It has a lovely sweet and nutty flavour.



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.



30 minutes



4 servings



Plant-Based

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	16g	67g

FROM YOUR BOX

BROWN ONION	1
SUSHI RICE	300g
LEMON	1
NUTRITIONAL YEAST	1 packet
CLUSTER MIX	1 packet
JERUSALEM ARTICHOKE	500g
BROCCOLINI	1 bunch
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 tbsp thyme** and cook for 3 minutes.



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 **4-5 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 frypan over medium high heat with a little **oil**. Add cluster mix with **1/2 tsp thyme, 2 tsp sugar, salt and pepper**. Cook, stirring, for 3-4 minutes or until browned and sugar has dissolved. Tip onto a piece of baking paper to cool.



4. FRY THE ARTICHOKE

Heat a frypan over medium-high heat with **oil**. Thinly slice Jerusalem artichokes. Add to pan along with **2 tsp dried thyme**. Cook, semi-covered, for 8-10 minutes, turning occasionally, until golden and tender.



5. ADD THE GREENS

Trim broccolini 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. Sprinkle over super seeds.



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