





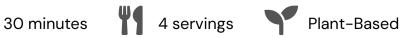
Crispy Jerusalem Artichokes

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

FROM YOUR BOX

BROWN ONION	1
SUSHI RICE	300g
LEMON	1
NUTRITIONAL YEAST	1 packet
CLUSTER MIX	1 packet
JERUSALEM ARTICHOKES	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 ARTICHOKES

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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



