



Product Spotlight: Walnuts

Walnuts are full of antioxidants. Resist the urge to remove the skin because that's where 90% of the antioxidants are!



Pink Beet Risotto

with Goat Cheese

A blushing pink beetroot risotto topped with toasted walnuts and zesty goat cheese, served alongside a fresh snow pea sprout and orange salad.



35 minutes



2 servings



Vegetarian

Freshen it up!

You can add fresh chopped dill, parsley, basil or thyme to garnish the risotto if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	31g	95g

FROM YOUR BOX

BETROOTS	3
LEEK	1
GARLIC CLOVE	1
ARBORIO RICE	150g
VEGGIE STOCK PASTE	1 jar
WALNUTS	1 packet (40g)
ORANGE	1
SNOW PEA SPROUTS	1 punnet
GOAT CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), dried thyme

KEY UTENSILS

large frypan with lid, frypan, oven tray, stick mixer or blender, kettle

NOTES

Leeks can sometimes be quite sandy. Rinse the sliced leek in a sieve or colander to remove the sand between the layers.



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1. ROAST THE BETROOT

Set oven to 220°C. Boil **700ml water** in kettle.

Peel and wedge beetroots. Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until tender.



4. PREPARE THE SALAD

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil**. Slice orange. Toss with snow pea sprouts (use to taste) and dressing.



2. SIMMER THE RISOTTO

Heat a frypan over medium-high heat with **olive oil**. Slice and add leek along with crushed garlic (see notes). Cook for 5 minutes. Stir in rice, stock paste and **700ml hot water** from kettle. Cover and cook for 15–20 minutes or until rice is tender.



5. FINISH THE RISOTTO

Blend 1/2 cooked beetroot with 1/4 cup water using a stick mixer until smooth. Stir blended beetroot through risotto and season to taste with **salt and pepper**.



3. TOAST THE WALNUTS

Roughly chop walnuts and add to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Set aside.



6. FINISH AND SERVE

Divide risotto among bowls. Top with remaining roast beetroot, spoonfuls of goat cheese and a sprinkle of walnuts. Serve with sprout and orange salad.

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