



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 Toasted Walnuts

A blushing pink beetroot risotto topped with toasted walnuts and creamy soft 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 |
|------------|---------|-----------|---------------|
| | 29g | 41g | 106g |

FROM YOUR BOX

| | |
|--------------------|----------|
| BEETROOTS | 3 |
| BROWN ONION | 1 |
| GARLIC CLOVE | 1 |
| ARBORIO RICE | 150g |
| VEGGIE STOCK PASTE | 1 jar |
| WALNUTS | 40g |
| ORANGE | 1 |
| SNOW PEA SPROUTS | 1 punnet |
| SOFT 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

Chop the snow pea sprouts if you prefer!



1. ROAST THE BEETROOT

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 **onion** along with crushed **garlic** (see notes). Cook for 5 minutes. Stir in **rice**, **2/3 jar 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 soft cheese and a sprinkle of **walnuts**. Serve with sprout and orange salad.



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