



### 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



4 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** 21g **TOTAL FAT** 26g **CARBOHYDRATES** 88g

## FROM YOUR BOX

BEETROOTS	5
LEEK	1
GARLIC CLOVES	2
ARBORIO RICE	300g
VEGGIE STOCK PASTE	1 jar
WALNUTS	1 packet (80g)
ORANGES	2
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 BEETROOT

Set oven to 220°C. Boil **1.2L water** in kettle.

Peel and wedge beetroots. Toss on a lined oven tray with **2 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until tender.



### 2. SIMMER THE RISOTTO

Heat a frypan over medium–high heat with **olive oil**. Slice and add leek along with crushed garlic cloves (see notes). Cook for 5 minutes. Stir in rice, stock paste and **1.2L hot water** from kettle. Cover and cook for 15–20 minutes or until rice is tender.



### 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.



### 4. PREPARE THE SALAD

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil**. Slice oranges. Toss with snow pea sprouts and dressing.



### 5. FINISH THE RISOTTO

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



### 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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