



Product Spotlight: Pepitas

Pepitas (pumpkin seeds) are a rich source of zinc. This essential mineral has a long list of health benefits; healing, growth, development and immune function.



Jewelled Vegetable Risotto

with Labneh

Luscious risotto cooked with super green baby spinach served with roasted beetroots, creamy labneh and toasted rosemary seed and nut topping.



30 minutes



4 servings



Vegetarian

Add to it!

Grated zucchini, asparagus, cherry tomatoes, peas and diced sweet potato would all make a great addition to this risotto.

Per serve: **PROTEIN** 18g **TOTAL FAT** 12g **CARBOHYDRATES** 80g

FROM YOUR BOX

BEETROOTS	2
BROWN ONION	1
CARROT	2
ARBORIO RICE	300g
VEGETABLE STOCK PASTE	1 jar
BABY SPINACH	120g
ROSEMARY	1 sprig
PEPITA + SLIVERED ALMONDS	80g
LEMON	1
LABNEH	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, oven tray

NOTES

Instead of adding the carrot to the risotto, you can cut it into angular pieces and add it to the roasting tray.



1. ROAST THE BEETROOT

Set oven to 220°C.

Trim and finely wedge beetroots (see notes). Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20–25 minutes until tender.



2. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Dice onion and carrots. Add to pan and sauté for 5 minutes until onion begins to soften. Add rice and cook, stirring, for a further 2 minutes.



3. SIMMER THE RISOTTO

Add **3 cups water** and stock to pan. Bring to a boil, stir, and reduce heat to low. Cook, covered, for 15–18 minutes, stirring occasionally, until liquid is reduced and rice is tender. Stir in baby spinach.



4. MAKE THE TOPPING

Heat a small frypan over medium-high heat with **1 tbsp oil**. Finely chop rosemary leaves. Add to pan along with seed+nut mix. Toast for 2–4 minutes until nuts begin to brown. Season with **salt and pepper**.



5. SEASON THE RISOTTO

Zest lemon. Stir through risotto along with juice from 1/2 lemon (wedge remaining). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide risotto among shallow bowls. Dot over labneh. Top with roasted beetroots and sprinkle over topping. Serve with lemon wedges.



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