



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



4/6 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
	22g	25g	89g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	5	7
LEEK	1	1
GARLIC CLOVES	2	3
ARBORIO RICE	300g	150g + 300g
VEGGIE STOCK PASTE	1 jar	2 jars
WALNUTS	1 packet	2 packets
ORANGES	2	3
SNOW PEA SPROUTS	1 punnet	1 punnet
GOAT CHEESE	1 tub	2 tubs

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.



Scan the QR code to
submit a Google review!



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 **2-3 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 **oranges**. Toss with **snow pea sprouts** and **dressing**.

6P – whisk together 2 tbsp vinegar and 2 tbsp olive oil.



2. SIMMER THE RISOTTO

Heat frypan with **olive oil** over medium-high. Slice and add **leek** and crushed **garlic**, cook for 5 minutes. Stir in **rice, stock paste** and **1.2L hot water**. Cover and cook for 15-20 minutes until **rice** is tender.

6P – use 1.7L hot water for the risotto.



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**.

6P – use up to 1 cup water to blend with the cooked beetroots.



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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

