



Product Spotlight: Pepitas

Pepitas (pumpkin seeds) are a rich source of zinc, an essential mineral. They add a nutty crunch to salads, soups and grain dishes.



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.



35 minutes



4/6 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	TOTAL FAT	CARBOHYDRATES
	21g	20g	59g

FROM YOUR BOX

	4 PERSON	6 PERSON
BETROOTS	2	3
BROWN ONION	1	1
CARROTS	2	3
ARBORIO RICE	300g	300g + 150g
VEGETABLE STOCK PASTE	1 jar	1 jar
BABY SPINACH	120g	120g
ROSEMARY SPRIG	1	2
PEPITAS + FLAKED ALMONDS	80g	80g + 40g
LEMON	1	2
LABNEH	1 tub	2 tubs

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.



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1. ROAST THE BETROOT

Set oven to 200°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.



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 **pepita and almond mix**. Toast for 2–4 minutes until **nuts** begin to brown. Season with **salt and pepper**.

6P – use 1 1/2 tbsp oil.



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.



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**.

6P – stir lemon zest through risotto along with juice from 1 lemon (wedge remaining).



3. SIMMER THE RISOTTO

Add **stock paste** and **rice**, stir to coat. Pour in **5 cups water**. Bring to a boil, semi-cover and simmer over medium heat until **rice** is tender (roughly 20 minutes, stir occasionally). Stir in **baby spinach**.

6P – pour in 7 1/2 cups water.



6. FINISH AND SERVE

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

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

