



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Rocket

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



2

## Tuscan Tomato Risotto with Roast Mushrooms

A hearty tomato risotto made simple, using brown rice and balsamic sautéed veggies with thyme. Complete the dish with a topping of peppery rocket leaves and garlic roasted mushrooms.

35 minutes

2 servings



Plant-Based

24 August 2020

## Mix it up!

Crumble over some feta cheese or finish with a sprinkle of nutritional yeast for a cheesy finish. Garnish with fresh basil or oregano leaves if you have some.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES  
18g 4g 83g

## FROM YOUR BOX

|                  |                  |
|------------------|------------------|
| BROWN RICE       | 150g             |
| BUTTON MUSHROOMS | 200g             |
| GARLIC           | 1 clove          |
| SPRING ONIONS    | 2                |
| RED CAPSICUM     | 1/2 *            |
| YELLOW CAPSICUM  | 1                |
| ZUCCHINI         | 1/2 *            |
| CHOPPED TOMATOES | 400g             |
| ROCKET LEAVES    | 1/2 bag (100g) * |

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, dried thyme, chilli flakes (optional)

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

Cover the saucepan with a lid to bring the water to boil faster.

Due to availability the field mushrooms, as pictured, have been substituted with button mushrooms.

Dress rocket leaves with balsamic vinegar and olive oil if preferred.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. ROAST THE MUSHROOMS

Coat mushrooms with 1 crushed garlic clove, **oil, salt and pepper**. Place on a lined oven tray and roast for 15 minutes until tender.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Slice spring onions, capsicums and zucchini (into crescents). Add to pan as you go with **1/2 tsp dried thyme, 1/8 tsp chilli flakes and 1/2 tbsp balsamic vinegar**. Cook for 5 minutes.



### 4. SIMMER THE SAUCE

Pour in chopped tomatoes and simmer for 5 minutes. Stir in cooked rice. Season with **salt and pepper** to taste.



### 5. FINISH AND PLATE

Divide risotto among shallow bowls. Top with roast mushrooms and rocket leaves (see notes).

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

