



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Black Rice

Black rice has many characteristics such as being low in carbohydrates, high in fibre and a source of protein.



## 3 Black Rice Beetroot Risotto

Nutty black rice, cooked in a risotto style with an earthy beetroot sauce and sautéed cabbage. Served with green beans and walnuts.

 30 mins

 2 servings

 Plant-Based

16 April 2021

### *Spice it up!*

*If you have any fresh herbs in your fridge or garden, like parsley, dill or chives, they would make a great addition to this risotto.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 36g **CARBOHYDRATES** 72g

## FROM YOUR BOX

BLACK RICE	150g
COOKED BEETROOT	1 packet
BROWN ONION	1/2 *
BABY WOMBOK CABBAGE	1/2 * (use to taste)
GREEN BEANS	1 bag (150g)
WALNUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, 1 garlic clove, dried thyme, 1 stock cube, red wine vinegar

## KEY UTENSILS

2 saucepans, small blender or stick mixer, kettle

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. COOK THE RICE

Boil the kettle (see step 5).

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Reserve **1 1/2 cups cooking water**, drain remaining water.



### 4. COOK THE RISOTTO

Add cooked rice, reserved **cooking water** and crumbled **stock cube** to the vegetables. Season with **salt and pepper**, cover with lid and simmer for 5–8 minutes stirring occasionally.



### 2. MAKE THE SAUCE

Place half the cooked beetroot in a small blender with **2 tbsp olive oil, salt and pepper**. Blend to a smooth consistency.



### 5. PREPARE TOPPINGS

Blanch green beans in a bowl of boiled water.

In a salad bowl whisk together **1/2 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Mix in chopped walnuts and drained green beans.



### 3. PREPARE VEGETABLES

Heat another saucepan over medium–high heat with **oil**. Dice onion and remaining beetroot, crush **1 clove garlic**, slice cabbage, add to pan as you go with **1 tsp dried thyme**. Sauté for 3–4 minutes stirring.



### 6. FINISH AND PLATE

Divide risotto evenly among shallow bowls. Top with walnuts and green beans.

**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**

