

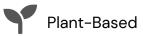


# 2 Crispy Artichoke Risotto

A great alternative to traditional risotto. Cauliflower rice cooked in stock and lemon juice, served with sautéed greens, crispy artichokes and fresh sprouts.







# Bulk it up!

If you have some mushrooms, or green vegetables like zucchini, baby spinach, or frozen peas, add them into your risotto to bulk it up.

TOTAL FAT CARBOHYDRATES

12g

### FROM YOUR BOX

CAULIFLOWER	1
BROWN ONION	1
LEMON	1
NUTRITIONAL YEAST	1 packet (10g)
JERUSALEM ARTICHOKES	1 bag (400g)
BROCCOLINI	1 bunch
SNOW PEA SPROUTS	1/2 punnet *
SUPER SEED SPRINKLES	1/2 jar *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried sage

#### **KEY UTENSILS**

2 frypans, food processor

#### **NOTES**

If you don't have a food processor you can grate your cauliflower or use your knife to finely chop it



## 1. PREPARE CAULIFLOWER

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



# 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Slice onion, add to pan along with 1tbsp dried sage and cook for 1 minute.



## 3. SIMMER RISOTTO

Add cauliflower to pan. Crumble in **stock cube** and add **1 1/2 cup water.** Simmer, semi-covered, for 8-10 minutes until softened. Zest lemon to yield 2 tsp (reserve for step 5). Squeeze in juice from 1/2 lemon and wedge remaining. Add nutritional yeast, stir to combine. Season with **pepper** to taste.



# 4. FRY THE ARTICHOKES

Heat a frypan over medium-high heat with oil. Thinly slice Jerusalem artichokes. Add to pan along with 1 tsp dried sage. Cook, semi-covered, for 8-10 minutes, turning occasionally, until golden and tender.



# 5. ADD THE GREENS

Trim broccolini and cut into thirds. Add into pan with artichokes for last 2 minutes of cooking time. Stir through lemon zest and season with salt and pepper.



# 6. FINISH AND SERVE

Divide risotto among shallow bowls. Top with pan-fried vegetables, snow pea sprouts and lemon wedges. Sprinkle over super seeds.

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