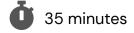




Tuscan Tomato Risotto

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.







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.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BROWN RICE	300g
BUTTON MUSHROOMS	400g
GARLIC	2 cloves
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
YELLOW CAPSICUM	1
ZUCCHINI	1
CHOPPED TOMATOES	400g
RADISHES	1/2 bunch *
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.



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 (see notes).



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 tsp dried thyme, 1/4 tsp chilli flakes and 1 tbsp balsamic vinegar. Cook for 5 minutes.



4. SIMMER THE SAUCE

Pour in chopped tomatoes and 1/2 cup water. Cover and simmer for 8-10 minutes. Stir in cooked rice. Season with salt and pepper to taste.



5. PREPARE TOPPING

Wedge radishes. Toss with rocket leaves, 1/2 tbsp balsamic vinegar and 1/2 tbsp olive oil.



6. FINISH AND PLATE

Divide risotto among shallow bowls. Top with roast mushrooms and rocket topping.

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



