



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## 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.

 30 minutes

 4 servings

 Plant-Based

22 October 2021

## 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.*

Per serve: **PROTEIN** 12g **TOTAL FAT** 5g **CARBOHYDRATES** 36g

## FROM YOUR BOX

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

*\*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 **1 tbsp 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 ARTICHOKE

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.

**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](mailto:hello@dinnertwist.com.au)

