




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

 4 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** 16g **TOTAL FAT** 6g **CARBOHYDRATES** 77g

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.

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