



**Product Spotlight:
Snow Peas**

In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



Baked Green Risotto

with Crumbled Feta and Peas

Creamy risotto packed with green vegetables, baked and served with toasted pepitas and slivered almonds, and herby snow pea and feta cheese topping.

40 minutes

2 servings

Vegetarian

Switch it up!

If you don't have an oven-proof frypan, you can cook the risotto in a regular frypan on the stovetop. Stir occasionally during cooking until liquid is absorbed and rice is tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	30g	59g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
ARBORIO RICE	150g
KALE	1 bunch
VEGETABLES STOCK PASTE	1 jar
PEPITAS + ALMOND MIX	40g
SNOW PEAS	150g
PARSLEY	1 packet
FETA CHEESE	1 packet
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large ovenproof frypan with lid (see notes), frypan

NOTES

Use kale to taste. We recommend 4-5 leaves.

If you don't have a oven-proof frypan you can transfer ingredients to an oven dish at step 2. Cover with foil, baking paper, or an oven tray.

Substitute oil for butter for fuller flavour.



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Dice **onion** and grate **zucchini**. Heat oven-proof frypan over medium-high heat with **oil** (see notes). Add to pan as you go along with **crushed garlic** and sauté for 6 minutes until **vegetables** are softened. Add **rice** and toast for 2 minutes.



2. BAKE THE RISOTTO

Thinly slice **kale leaves** (see notes). Add to pan along with **stock** and **600ml water**. Stir to combine. Cover and bake for 35 minutes until **rice** is tender.



3. TOAST PEPITAS & ALMONDS

Heat a small frypan over medium-high heat. Add **pepitas** and **almonds** and toast for 2-4 minutes until golden. Remove from pan.



4. MAKE THE TOPPING

Trim and thinly slice **snow peas**. Finely chop **parsley**, including tender stems. Crumble **feta**. Add to a bowl as you go. Reserve **lemon zest**, squeeze in **juice from 1/2 lemon** and **wedge remaining**. Season to taste with **pepper**.



5. FINISH AND SERVE

Season **risotto** with **lemon zest, salt and pepper**.

Top **risotto** with **topping, pepitas** and **almonds**, and **lemon wedges**. Serve tableside.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

