

**Product Spotlight:  
Silverbeet**

Silverbeet is very high in antioxidants and vitamins A, K, and C. It is also a great source of folate and fibre.



## 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
	31g	35g	90g

## FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
ARBORIO RICE	150g
SILVERBEET	1 bunch
VEGETABLES STOCK PASTE	1 jar
PEPITAS + ALMOND MIX	1 packet
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

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 silverbeet, including tender stem. Add to pan along with stock and **600 ml 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 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**.



### 6. FINISH AND SERVE

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

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

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