



**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

 4 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
	22g	23g	79g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
ARBORIO RICE	300g
SILVERBEET	1 bunch
VEGETABLES STOCK PASTE	1 jar
PEPITAS + ALMOND MIX	1 packet
SNOW PEAS	2 x 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 **1L 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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