



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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** 35g **TOTAL FAT** 24g/28g **CARBOHYDRATES** 60g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
ZUCCHINI	1	1
GARLIC CLOVES	2	3
ARBORIO RICE	300g	300g + 150g
KALE	1 bunch	1 bunch
VEGETABLES STOCK PASTE	1 jar	2 jars
PEPITAS + ALMOND MIX	2 x 40g	3 x 40g
SNOW PEAS	150g	250g
PARSLEY	1 packet	1 packet
FETA CHEESE	1 packet	1 packet
LEMON	1	2

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.



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.



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**.

6P - reserve lemon zest, squeeze in juice from 1 lemon and wedge remaining.



2. BAKE THE RISOTTO

Thinly slice **kale leaves**. Add to pan along with **stock** and **1L water**. Stir to combine. Cover and bake for 35 minutes until **rice** is tender.

6P - add silverbeet to pan along with **1 1/2 jar stock** and **1.5L water**.



5. FINISH AND SERVE

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

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



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.



Scan the QR code to submit a Google review!

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**

