



Product Spotlight: Hazelnuts

Hazelnuts have a high vitamin E content and are a good source of copper, folate and manganese. They are also rich in anti-oxidants and fibre, especially if the skins are left on.



Greens Risotto

with Chorizo and Hazelnut Crumb

Creamy risotto, pimped up with a beautiful bright green puree of kale and basil stirred through, served with a chorizo and hazelnut crumb, goat cheese and lemon wedges.



30 minutes



2 servings



Pork

Switch it up!

In a rush, want less fuss? Simply chop the chorizo and kale leaves and add to the risotto. Garnish with roughly chopped basil leaves and hazelnuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	65g	83g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
ARBORIO RICE	150g
KALE	3 leaves
BASIL	1 packet
LEMON	1
HAZELNUTS	40g
CHORIZO	140g
BROCCOLI	1
GOAT CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube of choice

KEY UTENSILS

2 frypans, kettle, stick mixer or blender

NOTES

Chicken or vegetable stock work well. Switch stock cube for liquid stock if you have some (reduce the water when using liquid stock).

Stir goat cheese through risotto to make it extra creamy.



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1. SAUTÉ THE AROMATICS

Boil the kettle.

Slice **onion** and crush **garlic**. Heat a large frypan over medium-high heat with **oil**. Add **onion** and **garlic**, sauté for 3 minutes to soften. Add **rice** and cook for further minute to toast.



3. SIMMER THE RISOTTO

Add **crumbled stock cube** (see notes) and **1 1/2 – 2 cups water** to frypan. Mix to combine. Cook, semi covered, stirring often, until rice is al dente (see step 5).



3. MAKE THE GREEN PUREE

Roughly chop **kale leaves** and add to a large bowl. Cover with hot water, sit for 3 minutes then drain. Use a stick mixer to blend drained kale, **basil leaves**, **lemon zest** and **juice** from **1/2 lemon**, **3 tbsp olive oil** and **3 tbsp water** to a smooth puree. Season with **salt and pepper**.



4. MAKE THE CRUMB

Roughly chop **hazelnuts**. Remove casing from **chorizo** and crumble or roughly chop the sausage. Heat a frypan over medium-high heat with **oil**. Add chorizo and cook for 3 minutes. Add hazelnuts and cook for a further 3 minutes until chorizo crisps and nuts are toasted.



5. ADD PUREE & BROCCOLI

Finely chop **broccoli**. Add to risotto along with **green puree** and **1/2 – 1 cup water** to loosen. Stir to combine. Cook for a further 1–2 minutes until broccoli and rice are tender. Season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Wedge remaining **lemon**.

Divide **risotto** among shallow bowls. Top with **chorizo** and **hazelnut crumb** and dollop on **goat cheese**. Serve with lemon wedges.

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