



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



4/6 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
4/6 Person:	23g/33g	26g/42g	54g/74g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
ARBORIO RICE	300g	300g + 150g
KALE	1 bunch	1 bunch
BASIL	1 packet	2 packets
LEMON	1	2
HAZELNUTS	40g	2 x 40g
CHORIZO	200g	2 x 200g
BROCCOLI	1	1
GOAT CHEESE	1 tub	2 tubs

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 **3-4 cups water** to frypan. Mix to combine. Cook, semi covered, stirring often, until **rice** is al dente (see step 5).

6P – add 5-6 cups water.



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**, **1/4 cup olive oil** and **1/4 cup water** to a smooth puree. Season with **salt and pepper**.

6P – use juice from 1 lemon.



4. MAKE THE CRUMB

Roughly chop **hazelnuts**. Remove casing from **chorizo** and crumble or roughly chop. 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 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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