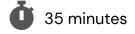




# Tuscan Tomato Risotto

# with Fremantle Marinated Octopus

A hearty tomato risotto made simple, using brown rice and balsamic sautéed veggies with thyme. Complete the dish with a topping of peppery rocket leaves and Fremantle marinated octopus.





2 servings



Crumble some feta cheese into the risotto if you have any spare! Garnish the dish with fresh basil or oregano leaves. Don't feel like risotto? Transform the dish into a ratatouille and stretch it out with other vegetables.

Serve with brown rice on the side.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

28g 43g

72g

#### FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	2
RED CAPSICUM	1/2 *
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
FETA CHEESE	1/2 packet *
MARINATED OCTOPUS	1 tub (200g)
ROCKET LEAVES	1 bag (60g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, dried thyme, chilli flakes (optional)

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

Cover the saucepan with a lid to bring the water to boil faster.

No fish option – marinated octopus is replaced with smoked chicken breast. Slice chicken and toss through the topping, or stir through risotto in step 5.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with olive oil. Slice spring onions, capsicum and zucchini (into crescents). Add to pan as you go with 1/2 tsp dried thyme, 1/8 tsp chilli flakes and 2 tsp balsamic vinegar. Cook for 5 minutes.



#### 3. SIMMER THE SAUCE

Pour in chopped tomatoes. Cover and simmer for 5 minutes.



### 4. PREPARE THE TOPPING

Dice feta. Toss together with drained octopus, rocket leaves, 1/2 tbsp balsamic vinegar and 1/2 tbsp olive oil. Set aside.



## 5. STIR IN THE RICE

Stir cooked rice into tomato sauce. Season with **salt and pepper** to taste.



## 6. FINISH AND PLATE

Divide risotto among plates. Top with octopus topping.



