



Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



Risotto with Cherry Tomatoes and Mushrooms

This risotto is sure to be a favourite, enriched with nutritional yeast and topped with roasted cherry tomatoes, mushrooms, crunchy nuts and watercress.

 30 minutes

 4 servings

 Plant-Based

Mix it up!

If rosemary is not a favourite herb in your household, replace it with thyme, oregano, basil, or a mixture. (Fresh or dried will work equally well.) Add some grated lemon zest just before serving for a citrus zing.

Per serve: **PROTEIN** 17g **TOTAL FAT** 16g **CARBOHYDRATES** 80g

FROM YOUR BOX

RED ONION	1
GARLIC CLOVES	2
ROSEMARY SPRIG	1
BUTTON MUSHROOMS	400g
CHERRY TOMATOES	2 x 200g
ABORIO RICE	300g
VEGETABLE STOCK	1 jar
ALMONDS/PINENUTS	1 packet (100g)
WATERCRESS	1 sleeve
NUTRITIONAL YEAST	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, kettle, frypan

NOTES

If you like your risotto a little wetter simply add a little more water or plant-based milk for a creamier finish.



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1. SAUTÉ THE SHALLOT

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Dice and add shallot along with crushed garlic and finely chopped rosemary leaves. Cook for 5 minutes until softened.



2. ROAST THE TOMATOES

Quarter mushrooms. Toss together on a lined oven tray with cherry tomatoes, **2 tbsp vinegar, oil, salt and pepper**. Cook for 20 minutes or until tender.



3. COOK THE RISOTTO

Boil the kettle.

Add rice to frypan and stir for 1 minute. Add stock and **4 cups of boiling water**. Stir well and bring to a simmer. Reduce heat to medium and cook gently for 20 minutes, stirring occasionally or until rice is tender (add a little extra water if needed).



4. TOAST THE NUTS

Heat a frypan over medium high heat. Roughly chop nuts and toast for 1-2 minutes until golden (optional).



5. DRESS THE WATERCRESS

In a bowl whisk together **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**. Trim and halve watercress and toss through dressing.



6. FINISH AND SERVE

Stir nutritional yeast through risotto until incorporated (see notes). Season to taste with **pepper**.

Serve into bowls and top with watercress and toasted nuts.

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