



Product Spotlight: Walnuts


Walnuts are full of antioxidants. Resist the urge to remove the skin because that's where 90% of the antioxidants are!




Pink Beet Risotto

with Toasted Walnuts

A blushing pink beetroot risotto topped with toasted walnuts and zesty goat cheese, served alongside a fresh snow pea sprout and orange salad.

 35 minutes

 4 servings

 Vegetarian

Freshen it up!

You can add fresh chopped dill, parsley, basil or thyme to garnish the risotto if you have some!

Per serve: **PROTEIN** 21g **TOTAL FAT** 26g **CARBOHYDRATES** 88g

FROM YOUR BOX

BEETROOTS	5
LEEK	1
GARLIC CLOVES	2
ARBORIO RICE	300g
VEGGIE STOCK PASTE	1 jar
WALNUTS	80g
ORANGES	2
SNOW PEA SPROUTS	1 punnet
SOFT CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), dried thyme

KEY UTENSILS

large frypan with lid, frypan, oven tray, stick mixer or blender, kettle

NOTES

Leeks can sometimes be quite sandy. Rinse the sliced leek in a sieve or colander to remove the sand between the layers.



1. ROAST THE BEETROOT

Set oven to 220°C. Boil **1.2L water** in kettle.

Peel and wedge **beetroots**. Toss on a lined oven tray with **2 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until tender.



4. PREPARE THE SALAD

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil**. Slice **oranges**. Toss with **snow pea sprouts** and dressing.



2. SIMMER THE RISOTTO

Heat a frypan over medium–high heat with **olive oil**. Slice and add **leek** along with crushed **garlic cloves** (see notes). Cook for 5 minutes. Stir in **rice, stock paste** and **1.2L hot water** from kettle. Cover and cook for 15–20 minutes or until rice is tender.



5. FINISH THE RISOTTO

Blend **1/2 cooked beetroot** with **1/2 cup water** using a stick mixer until smooth. Stir blended beetroot through risotto and season to taste with **salt and pepper**.



3. TOAST THE WALNUTS

Roughly chop **walnuts** and add to a dry frypan over medium–high heat. Toast for 5 minutes until golden. Set aside.



6. FINISH AND SERVE

Divide risotto among bowls. Top with remaining roast beetroot, spoonfuls of soft **cheese** and a sprinkle of walnuts. Serve with sprout and orange salad.



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**

