



Mushroom and spinach risotto

with a rocket and pear side salad



A warming and nutritious dinner that the entire family will enjoy. Low in fat and high in flavour! Served with a delicious rocket and pear side salad with vegan parmesan shavings.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large pot



Pantry items needed: olive oil, dry white wine (optional), balsamic vinegar, salt, freshly ground black pepper



Hands-on: 40-45 minutes
Ready in: 40-45 minutes



Serves: 2 or 4

NO ADDED GLUTEN | CALORIE SMART | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Mushrooms	200g	400g
Brown onion	90g	180g
Garlic	8g	16g
Boiling water*	3 cups	6 cups
Vegetable stock cube/s	1	2
Olive oil for risotto*	1 tbsp	2 tbsp
Arborio rice	1 packet	1 packet
Dry white wine (optional)*	¼ cup	½ cup
Pear	210g (half)	210g
Vegan parmesan	1 tub	1 tub
Balsamic vinegar*	2 tsp	4 tsp
Olive oil for dressing*	2 tsp	4 tsp
Rocket	50g	100g
Thyme	½g	1g
Lemon	160g (half)	160g
Spinach	100g	200g
Salt*	¼ tsp	½ tsp
Freshly ground black pepper*	¼ tsp	½ tsp

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Slice **mushrooms** into quarters. Finely dice **onion**. Mince **garlic**. In a small pot, add **boiling water*** and **vegetable stock cube/s** and stir to combine. Keep warm over low heat.

2. Cook risotto

In a large pot over medium heat, add **olive oil for risotto*** and **onion** and cook, stirring regularly, for **3 minutes**. Add **garlic** and **mushrooms** and cook for **3 minutes**. Add **arborio rice** and cook, stirring, allowing **rice** to toast slightly, about **2 minutes**. If you are using **white wine (optional)***, add it now and stir until absorbed, about **1 minute**. Add **stock** a ladle at a time, continuing to stir regularly, allowing **stock** to absorb almost completely before adding more (tip 1). Repeat until all **stock** has been added and the **rice** is soft but with a slight bite, this should take around **15-20 minutes** (tip 2). Remove from the heat.

3. Make salad

Slice **pear** (**½ for 2 serves** and **1 for 4 serves**) into thin wedges. Using a peeler, shave **vegan parmesan**. In a small bowl, whisk together **balsamic vinegar*** and **olive oil for dressing***. Arrange **salad** in a salad bowl by adding **rocket**, topped with **pear**, **balsamic dressing** and shaved **parmesan**.

4. Garnish risotto

Pick **thyme** leaves and roughly chop. Zest and juice **lemon** (**½ for 2 serves** and **1 for 4 serves**). To the risotto, add **thyme**, **lemon zest**, **spinach**, **salt*** and **freshly ground black pepper*** and fold to combine. Cover and allow to rest for **2 minutes**.

5. Serve

Serve **mushroom and spinach risotto** into shallow bowls, drizzle over **lemon juice** and season with extra **freshly ground black pepper***. Enjoy with **rocket and pear salad**.

Cooking tips

1. The key to a good risotto is to stir regularly! Keep the risotto wet enough to ensure that the rice is covered in liquid while it's cooking. The rice grains rub against each other and release starch to form the creamy texture.
2. If you run out of stock before the rice is cooked, add some boiling water.

Eat your way to healthy!



Mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamins B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss.

Nutritional information*

	Per 555g serve	Per 100g
Energy	2015kJ (482Cal)	363kJ (87Cal)
Protein	12.9g	2.3g
Fat, total	15.4g	2.8g
- Saturated	4.3g	0.8g
Carbohydrate	74.0g	13.0g
- Sugars	9.0g	2.0g
Sodium	367mg	66mg

* Nutritional information is based on averages