



Spinach and Mushroom Risotto

with softened leeks and sprinkled walnuts

Veggie Calorie Smart 45-50 mins

10



Risotto Rice



Baby Spinach



Garlic



Vegetable Stock



Grated Italian Style Hard Cheese



Cherry Tomatoes



Red Wine Vinegar



Walnuts



Onion



Leek



Mushrooms

Pantry Items: Oil, Salt, Pepper, Butter, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Ladle

Ingredients

	2P	4P
Risotto Rice	225 g	450 g
Baby Spinach	60 g	120 g
Garlic	2 units	4 units
Vegetable Stock	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Cherry Tomatoes	125 g	250 g
Red Wine Vinegar	1 sachet	2 sachets
Walnuts	20 g	40 g
Onion	1 unit	2 units
Leek	½ unit	1 unit
Mushrooms	150 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	422 g	100 g
Energy (kJ/kcal)	2572.8 kJ/ 614.9 kcal	609.7 kJ/ 145.7 kcal
Fat (g)	11.9 g	2.8 g
Sat. Fat (g)	3.2 g	0.8 g
Carbohydrate (g)	109.2 g	25.9 g
Sugars (g)	8.4 g	2 g
Protein (g)	18.7 g	4.4 g
Salt (g)	1.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7. Dilute the **stock** in 750ml hot **water** (double for 4p).
- Halve, peel and chop the **onion** into small pieces. Thinly slice the **mushrooms**.
- Trim the **leek** then halve lengthways. Thinly slice **half** (double for 4p) widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **spinach**.



Roast the Tomatoes

- Meanwhile, add **tomatoes** and 1 tbsp **oil** (double for 4p) to a lined baking tray.
- Season with **salt** and **pepper** then toss to coat.
- Roast in the middle of the oven until **tomatoes** start to burst, 10-11 mins.

TIP: Keep your eye on them so they don't burn!



Start the Risotto

- Place a large pan over medium heat with 3 tbsp **butter** (double for 4p).
- When hot, add **onion**, **leek** and **mushrooms**. Season with **salt**.
- Cook until softened, stirring occasionally, 2-3 mins.
- Add the **garlic** and **vinegar**.
- Cook, stirring constantly, until fragrant, 1-2 mins.



Wilt the Spinach

- When the last of the **stock** has been absorbed and **rice** is creamy, add the **cheese** and **spinach** to the risotto.
- Stir until **spinach** wilts, 3-4 mins.
- Mix through the roasted **tomatoes**.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **walnuts**.



Stir in the Stock

- Add the **rice**, stir and cook until edges of **rice** are translucent, 1-2 mins.
- Stir in a ladle of your **stock**. When **stock** has been absorbed, stir in another ladle.
- Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. Cooking time should take 25-30 mins and your risotto is done when the **rice** is al dente—cooked through but with a tiny bit of firmness left in the middle.
- Add additional **water** if it becomes too dry.



Finish and Serve

- Divide your warming risotto between bowls.
- Finish with a sprinkling of **walnuts**.

Enjoy!