

DINNERLY



Tuna Lemon Rice with Green Peas

 20-30 minutes  4 Servings

Forget stirring. We've hacked risotto so all you have to do is bring to a simmer, then step away and let the stovetop work its magic. Twenty minutes later, dish up with oily tuna, lemon and peas.

WHAT WE SEND

- 2 chicken-style stock cubes
- 425g can tuna ⁴
- 2 lemons
- 300g green peas
- 1 onion
- 300g arborio rice

WHAT YOU NEED

- boiling water
- garlic
- olive oil
- sea salt and pepper

TOOLS

- Colander
- fine grater
- large saucepan and lid

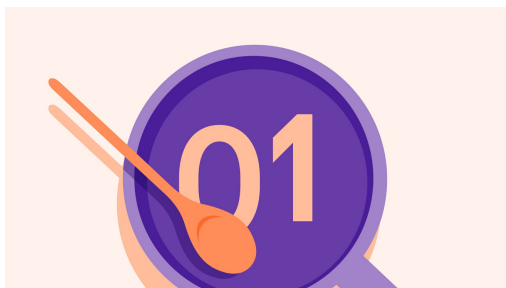
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (4). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 650.0kcal, Fat 23.7g, Proteins 35.8g, Carbs 67.5g



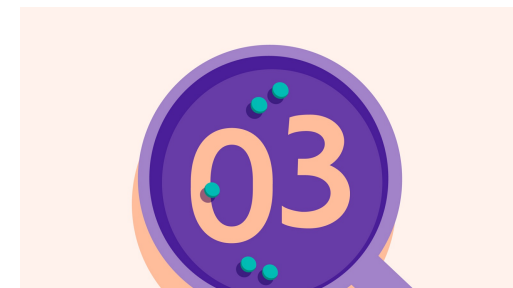
1. Prep ingredients

Crush or finely chop **3 garlic cloves**. Finely chop the **onion**. Finely grate the **lemon zest**, then juice. Drain the **tuna**.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **1.25L (4½ cups) boiling water** and stir to dissolve.



3. Start rice

Heat **2 tbs olive oil** in a large saucepan over medium heat and cook the **garlic** and **onion** for 2-3 mins until softened. Add the **rice** and cook, stirring for 1 min, to coat the rice in the onion mixture. Add the **hot stock** and bring to the boil.



4. Add peas

Reduce the heat to low and simmer, covered, for 10-15 mins until quarter of the liquid is absorbed and the rice is tender. Stir in the **peas**, then remove the pan from the heat and allow to sit for 5 mins.



5. Serve up

Flake the **tuna** into smaller chunks and add to the **rice** with the **lemon zest** and **juice** (or to taste). Season with **salt and pepper** and divide the **rice** among bowls.



6. Make it yours

For added colour and nutrition, add baby spinach with the peas and allow to wilt. Or, serve with grated parmesan or lemon wedges for a cheese or zesty zing.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from imported
ingredients