



MARLEY SPOON



Mixed Grain Risotto with Spinach and Charred Brussels Sprouts

 40-50min  2 Portions

Move over arborio rice; quinoa, barley and oats take centre stage in this hearty and satisfying risotto, and they are all superfoods in their own right! We've simply teamed them with charred brussels sprouts which add a lovely smokiness to this vegetarian-friendly dinner.

What we send

- baby spinach leaves
- mixed grains ¹
- brussels sprouts
- vegetable stock concentrate
- ginger
- parmesan ⁷
- garlic
- shallot

What you'll require

- olive oil
- salt and pepper
- soy sauce ⁶

Utensils

- baking paper
- grater
- medium frypan
- oven tray

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

Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 730.0kcal, Fat 24.8g, Proteins 30.0g, Carbs 90.2g



1. Prepare ingredients

Finely chop the **shallot** and the **garlic**. Finely grate the **parmesan**. Preheat oven to 220C. Peel and finely grate the **ginger** (you will need 1 tsp grated).



2. Saute aromatics

Heat 1 tbs **oil** in a medium frypan over medium-high heat. Cook the **shallot** and **garlic**, stirring for 2 mins or until softened. Season with **salt and pepper**.



3. Cook grains

Add the **mixed grains** and cook, stirring, for 3 mins or until quinoa begins to pop.



4. Add liquid

Add the **vegetable stock concentrate** and 1L (4 cups) water and bring to a simmer. Cook, stirring occasionally, for 25-30 mins until grains are tender and liquid is mostly absorbed.



5. Roast brussels sprouts

Meanwhile, line an oven tray with baking paper. Cut the **brussels sprouts** in half and toss with 2 tsp **oil** on the tray. Roast for 12-15 mins, flipping halfway through, until lightly charred. Toss with 1 tsp **soy sauce** and 1 tsp **grated ginger**.



6. Get ready to serve

Stir the **spinach** and almost all of the **parmesan** through the risotto and season with **salt and pepper**. Check the consistency is not too thick, if so, add a little water until desired consistency is reached. Serve risotto topped with **charred brussels sprouts** and the remaining parmesan.