

MARLEY SPOON



Mushroom Miso Risotto

with Sesame and Spinach



30-40min



4 Portions

Risotto is essentially about cooking rice by gradually adding stock for maximum flavour, so we thought it would be a brilliant idea to experiment with the stock for a truly unique result. Enter this Japanese-Italian dish, combining the irresistible savoury quality of miso with aromatic sesame and creamy arborio rice for a vegetarian dinner like no other you've tasted.

What we send

- baby spinach leaves
- Swiss brown mushrooms
- white miso paste ⁶
- 3 garlic cloves and 3 spring onions
- arborio rice
- sesame oil ¹¹
- black sesame seeds ¹¹

What you'll require

- butter ⁷
- sea salt flakes
- water

Utensils

- large deep frypan
- medium saucepan
- sieve

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

Allergens

Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 520.0kcal, Fat 25.0g, Proteins 11.5g, Carbs 60.5g



1. Prepare ingredients

Clean the **mushrooms**, then thinly slice. Crush or finely chop the **garlic**. Thinly slice the **spring onions**, keeping the white and green parts separate. Rinse the **baby spinach**.



2. Cook mushrooms

Melt **half the butter** with **1 ½ tbs sesame oil** in a large deep frypan over medium-high heat. Add the **mushrooms** and cook, tossing, for 5 mins or until golden and softened. Season with **salt**, then remove from the pan and set aside. Reserve the pan and do not clean it.



3. Prepare stock

While mushrooms are cooking, place the **miso paste** and the **boiling water** (see staples list) in a medium saucepan and whisk to combine. Keep warm over low heat, taking care not to let it boil.



4. Start risotto

Heat **3 tsp sesame oil** in the reserved pan over medium heat. Add the **rice, garlic and white part of the spring onion**. Cook, stirring, for 1 min or until the grains are well coated.



5. Add stock

Add about one-quarter of the miso stock and stir well to combine. Cook until the liquid has absorbed, then add another quarter of stock. Continue adding the stock, stirring occasionally, for 20-25 mins until the rice is almost al dente, adding extra water, 60ml (¼ cup) at a time, if necessary.



6. Get ready to serve

Stir in the **mushrooms, spinach** and the **remaining butter**, and cook for 2 mins or until spinach wilts and the rice is al dente. Season with salt. Divide among bowls, then scatter with the **sesame seeds** and the **green part of the spring onion**. Drizzle with the **remaining sesame oil** to serve.