



## Garlic Beef Risotto

with Spinach and Zucchini



30-40min



2 Portions

Risotto in spring becomes light and fragrant. This dish wraps fresh green vegetables in a delicate embrace of creamy rice with a kick of salty parmesan. Garlicky beef is seared off separately and then layered over the risotto. All the comfort of risotto but with all the fresh flavours of spring.

## What we send

- garlic
- beef stir-fry
- arborio rice
- chicken-style stock cube
- dried Italian herbs <sup>17</sup>
- zucchini
- baby spinach leaves
- onion
- parmesan <sup>7</sup>

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- large deep frypan or saucepan with lid
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 700kcal, Fat 27.3g, Carbs 63.2g, Proteins 47.6g



### 1. Marinate beef

Finely chop the **onion**. Crush or finely chop the **garlic**. Combine the garlic, **2 tsp olive oil** and **salt and pepper** in a large bowl. Add the beef and mix to coat.



### 2. Make stock

Crumble the **stock cubes** into a heatproof jug, pour in **625ml (2½ cups) boiling water** and stir to dissolve.



### 3. Cook onion

Heat **1 tbs olive oil** in a large deep frypan or saucepan over medium heat. Cook the **onion** for 5 mins or until softened. Add the **rice** and **1 tsp dried Italian herbs** (the remaining Italian herbs won't be used in this dish) and stir to coat the rice in the onion mixture.



### 4. Grate ingredients

Pour in the **stock** and bring to the boil. Reduce the heat to medium-low, cover, and simmer, for 20-22 mins until the rice is al dente. Meanwhile, coarsely grate the **zucchini** and finely grate the **parmesan**.



### 5. Finish risotto


Stir the **spinach, zucchini** and **parmesan** into the risotto. Season with **salt and pepper**. Remove from the heat and stand, covered, for 5 minutes.



### 6. Cook beef

While the risotto is resting, heat a medium frypan over very high heat. Stir-fry the **beef** for 3-5 mins until golden and just cooked through. Divide the **risotto** and **garlic beef** among bowls.

Customer Service: **02 6145 2910** Email: [contact@marleyspoon.com.au](mailto:contact@marleyspoon.com.au)

Printed on FSC certified paper • View the recipe online by visiting your account at [marleyspoon.com.au](http://marleyspoon.com.au)    **#eatmarleyspoon**

 **Packed in Australia**  
from at least 70%  
**Australian ingredients**