# MARLEY SPOON



## **Garlic Beef Risotto**

with Spinach and Zucchini



30-40min 4 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

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

### 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 655kcal, Fat 23.7g, Carbs 63.8g, Proteins 43.4g



#### 1. Marinate beef

Finely chop the **onion**. Crush or finely chop the **garlic**. Combine the garlic, **1 tbs 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 **1.25L (5 cups) boiling water** and stir to dissolve.



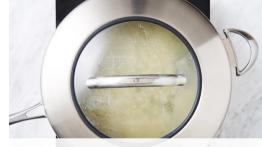
3. Cook onion

Heat **2 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 **2 tsp dried Italian herbs** (any remaining Italian herbs won't be used in this dish) and stir to coat the rice in the onion mixture.



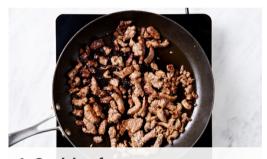
4. Add stock

Pour in the **stock**, 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 large 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.

