

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 ¹⁷
- beef stir-fry
- parmesan ⁷
- 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.