



Roasted Tomato Risotto

from Three Veg and Meat Cookbook



30-40min



2 Portions

Marley Spoon's Culinary Director, Olivia Andrews shares an exclusive recipe from her new cookbook, *Three Veg and Meat*, which shows that flipping the balance on our plates and making vegetables the star, you'll be doing better by your body, budget and the planet. This creamy risotto, brimming with cherry tomatoes, sweet capsicum and parsley, topped with pistachio and marinated goat cheese, is a ...

What we send

- carrot
- cherry tomatoes
- parmesan ⁷
- parsley, garlic
- arborio rice
- marinated goat cheese ⁷
- tomato paste
- pistachios ¹⁵
- red onion
- chicken-style stock cube
- capsicum

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- sea salt and pepper

Utensils

- fine grater
- medium saucepan

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

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 625kcal, Fat 24.2g, Carbs 75.1g, Proteins 20.5g



1. Prepare vegetables

Read through the recipe. Heat the oven to 200C (see cooking tip). Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Peel and quarter the **carrot** lengthwise, then thinly slice. Finely chop the **onion** and **garlic**.



2. Toast pistachios

Put the **pistachios** in a medium ovenproof saucepan over medium heat (see cooking tip). Cook, stirring, for 3-4 mins until toasted. Remove from the pan. Pour **1 tbs oil from the marinated goat cheese** into the pan and increase heat to medium-high.



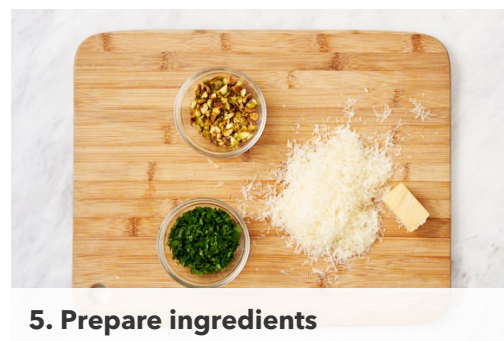
3. Cook vegetables

Cook the **capsicum, carrot, onion** and **garlic**, stirring, for 1 min, then stir in the **rice** and cook for 1 min or until the rice is well coated in the oil. Crumble **3 stock cubes**** into a heatproof jug, add the **tomato paste** and **600ml boiling water**, then stir to dissolve.



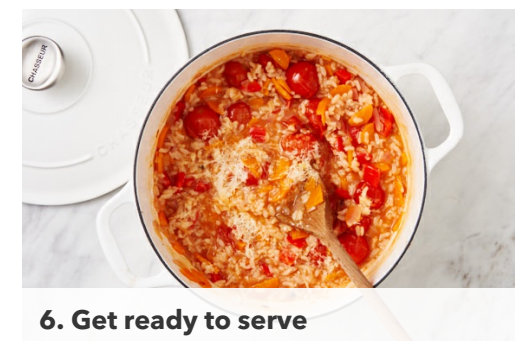
4. Add stock

Add the **stock** and **cherry tomatoes** to the pan. Season with **salt and pepper** and bring to a simmer. Cover with a lid, transfer to the oven and bake for 20 mins or until the rice is al dente and most of the liquid is absorbed.



5. Prepare ingredients

Meanwhile, finely grate **half the parmesan****. Coarsely chop the **pistachios**. Finely chop the **parsley**, including the stems.



6. Get ready to serve

After the risotto has been cooking for 20 mins, remove from the oven and stir in **half the parmesan**. Stand, covered, for 5 mins to allow the flavours to develop. Divide the **risotto** among bowls. Crumble over the **goat cheese** and scatter over the **parsley** and **pistachios**. Serve with the **remaining parmesan**.