



Mushroom and Thyme Risotto

with Creamy Ricotta and Kale



30-40min



2 Portions

The Italians, who know a thing or two about food, understand how ricotta makes things taste great with its smooth, sweet, dairy flavours. Here, it's the perfect finishing touch for a health-packed mushroom and kale risotto, spiked with the lively flavours of fresh thyme leaves and finely grated lemon zest.

What we send

- 1 onion
- 2 garlic cloves, thyme
- 200g mushrooms
- 2 vegetable stock cubes
- 150g arborio rice
- 5g porcini powder
- 1 lemon
- 125g fresh ricotta ⁷
- 100g Tuscan kale

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

What you'll require

- water
- olive oil
- sea salt and pepper

Utensils

- medium saucepan
- large frypan
- fine grater

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

Cooking tip

The amount of stock required can vary so add the stock gradually, always making sure there is enough to cook the rice but without 'flooding' the risotto. If you run out of stock, add some water.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 500kcal, Fat 16.0g, Carbs 65.8g, Proteins 15.8g



1. Prepare ingredients

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Strip a **quarter of the thyme leaves***, discarding the stems. Wipe the **mushrooms** clean, then halve and thinly slice.



2. Make stock

Crumble **1 stock cube*** into a medium saucepan. Add **1L (4 cups) water** and bring to the boil. Reduce the heat to low to keep the stock warm. Meanwhile, heat **1 tbs olive oil** in a large frypan over medium-high heat. Add the **onion, garlic** and **thyme**, season with **salt** and cook, stirring occasionally, for 4 mins or until the onion is softened.



3. Cook mushrooms

Add the **mushrooms** to the onion mixture and cook, stirring occasionally, for 4 mins or until the mushrooms are golden. Add the **rice** and **half the porcini powder*** and cook, stirring, for 1 min or until the rice is well coated.



4. Add stock

Add the **hot stock**, one ladle at a time to the rice mixture, stirring continuously and allowing the stock to be absorbed before adding the next ladle of stock. Continue at a gentle simmer, stirring, until all the stock is added, the rice is al dente and the risotto is thick and creamy (this will take approximately 20 mins).



5. Make lemon ricotta

Meanwhile, finely grate the zest of **half the lemon**. Combine the **lemon zest** and **ricotta** in a bowl. Taste, then season with **salt and pepper**. Tear the **kale** leaves, discarding the tough stems.



6. Cook kale

Add the **kale** to the risotto and cook, stirring, for 2-3 mins until wilted. Taste, then season with **salt and pepper**. Divide the **risotto** among bowls and serve with the **lemon ricotta**.