

# MARLEY SPOON



## Spring Vegetable Risotto

with Mint and Lemon



1h



2 Portions

Toast the start of spring with a creamy vegetarian risotto featuring all the star produce of the new season. Cooked with leek, fennel, zucchini, peas, mint and lemon, this deliciously fresh and zesty rice dish is full of comforting sunny flavour.



## What we send

- garlic, mint
- leek, baby fennel
- pine nuts <sup>15</sup>
- zucchini, lemon
- parmesan <sup>7</sup>
- green peas
- vegetable stock cubes
- arborio rice

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- large saucepan
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

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

## Nutrition per serving

Energy 715.0kcal, Fat 30.5g, Proteins 25.7g, Carbs 78.3g



### 1. Prepare ingredients

Trim the **leek** and the **fennel**, then halve lengthwise and thinly slice. Finely chop or crush the **garlic**. Grate the rind of the **lemon**, then juice into a separate bowl. Trim the **zucchini**, then cut into 1.5cm chunks.



### 2. Cook aromatics

Heat **half the oil** in a large saucepan over medium-high heat. Add the **fennel** and cook, stirring, for 5 mins or until golden. Remove and set aside. Add the **remaining oil** and reduce the heat to medium. Add the **leek, garlic** and **lemon zest** and cook, stirring, for 5 mins or until softened.



### 3. Toast pine nuts

While fennel is cooking, put the pine nuts in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Set aside. Crumble the **stock cubes** into a medium saucepan, add the **boiling water** (see staples list) and stir to combine. Keep hot over very low heat.



### 4. Add rice

When the leek mixture is ready, add the **rice** to the pan and stir for 1 min or until well coated. Add the hot stock, a ladleful at a time, stirring occasionally and allowing each ladleful to be absorbed before adding the next. Continue adding stock for 25-30 mins until the rice is almost al dente.



### 5. Add vegetables

Meanwhile, finely grate **half the parmesan** (keep the remainder for another use). Return the **fennel** to the pan with the **zucchini** and any remaining stock or extra boiling water if necessary. Cook, stirring occasionally, for a further 5 mins or until all the stock is absorbed and the rice is al dente.



### 6. Finish risotto

Meanwhile, finely chop the **mint** leaves. Remove the risotto from the heat. Stir in the **parmesan, mint, peas** and **lemon juice**. Season with **salt and pepper**. Divide among bowls and scatter with the **pine nuts** to serve.