



Everything
But The Chef

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Minted Zucchini & Snow Pea Risotto

This melt in your mouth risotto is studded with crisp snow peas and the finest quality parmesan we could lay our hands on. For a really special touch, try adding a splash of white wine when you first add your rice – it gives a great depth of flavour against the sprigs of fresh mint.



Prep: 10 mins

Cook: 40 mins

Total: 50 mins



level 2



Vegetable Stock Powder



Garlic



Red Onion



Zucchini



Arborio Rice



Parmesan



Snow Peas



Mint

2P	4P	Ingredients
1 tsp	2 tsp	vegetable stock powder
1 L	2 L	water*
1 tbs	2 tbs	butter*
2	4	zucchini, halved & thinly sliced A
2	4	garlic cloves, peeled & crushed B
1	2	red onion, diced C
200 g	400 g	arborio rice
100 g	200 g	snow peas, trimmed & sliced diagonally
50 g	100 g	parmesan, grated
1 tbs	2 tbs	mint, chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1580	Kj
Protein	21.9	g
Fat, total	19.5	g
-saturated	12	g
Carbohydrate	24.4	g
-sugars	6	g

Measuretool

0 cm	1 cm	2 cm



1 Bring the **stock powder** and the **water** to the boil in a medium saucepan. Reduce the heat and simmer, covered.

2 Meanwhile, melt the **butter** in a large saucepan over a medium heat and cook the **zucchini** and **garlic**, stirring for about **5 minutes** or until the zucchini softens. Remove from the pan.

3 Cook the **onion** in the same pan, stirring, for about **5 minutes** or until softened. Season with some **salt** and **pepper**. Add the **rice** and stir to coat in the onion mixture. Stir in 1 cup of the simmering stock mixture and cook, stirring, over a low heat until the liquid is absorbed by the rice. Continue adding stock mixture, in batches, stirring, until the liquid is absorbed after each addition. Total cooking time should be about **30 minutes** or until rice is just tender. If your rice is a little gluggy, add some boiling water.

4 Gently stir the zucchini mixture and **snow peas** into the risotto and cook until the snow peas are tender. Remove from heat and stir in the **parmesan** and **mint**.

5 Dish up this tasty risotto and enjoy!

Did you know? The earliest cultivated pea was found in Spirit Cave on the Thai-Burma border and dated 9750 BC.