



# Zucchini lemon risotto

with toasted almonds and roasted red capsicum



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, large pot



Pantry items needed: olive oil, white wine (optional), salt, freshly ground black pepper



Hands-on: 40-45 minutes  
Ready in: 40-45 minutes



Serves: 2 or 4

This zingy risotto combines simple flavours beautifully for a perfect, satisfying meal that tastes fresh and light. There is a decent amount of hands-on time required for this dish, as a good risotto requires regularly stirring, but the effort is absolutely worth it!

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NO ADDED GLUTEN | CALORIE SMART | Great for leftovers

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Red capsicum	300g	600g
Zucchini	180g	360g
Onion	90g	180g
Garlic	8g	16g
Lemon	160g (half)	160g
Parsley	25g	50g
Olive oil for baking*	1 tbsp	2 tbsp
Slivered almonds	1 packet	1 packet
Boiling water*	3 cups	6 cups
Vegetable stock cube	1	2
Olive oil for risotto*	½ tbsp	1 tbsp
Risotto herb mix	1 packet	1 packet
Salt*	¼ tsp	½ tsp
Freshly ground black pepper*	¼ tsp	½ tsp
Arborio rice	1 packet	1 packet
White wine (optional)*	¼ cup	½ cup

\* *Pantry items*

## Cooking tips

1. For best results, stock should be hot when adding to risotto. Keep warm in a pot over low heat or reheat in microwave if the stock becomes cool.
2. If you run out of stock before the rice is cooked or the risotto becomes too thick, add some boiling water.

## Allergens and ingredients

Allergens: almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare vegetables

Preheat oven to 200°C and line a baking tray. Slice **capsicum** into quarters lengthways. Dice **zucchini** into 1cm pieces. Finely dice **onion**. Mince **garlic**. Zest and juice **lemon** (½ for 2 serves and 1 for 4 serves). Finely chop **parsley**.

## 2. Roast ingredients

Place **capsicum** onto baking tray, skin side up, drizzle over **olive oil for baking\*** and toss to coat. Bake until softened and charred, about **35 minutes**. When **capsicum** is almost done, add **slivered almonds** to one side of the tray and allow to toast, about **5 minutes**. When **capsicum** is done, allow to cool, remove skin and slice into thin strips.

## 3. Prepare stock

In a jug (tip 1), combine **boiling water\*** and crumbled **vegetable stock cube/s**, stirring to dissolve.

## 4. Cook risotto

In a large pot over medium heat, add **olive oil for risotto\*** and **onion** and sauté, stirring regularly, until golden, about **5 minutes**. Add **garlic**, **risotto herb mix**, **salt\*** and **freshly ground black pepper\*** and cook for **2 minutes**. Add **arborio rice** and cook, stirring, allowing **rice** to toast slightly for **2 minutes**. If you are using **white wine (optional)\***, add it now and stir until absorbed, about **1 minute**.

Add **stock** a ladle at a time, continuing to stir regularly, allowing the **stock** to absorb almost fully before adding more. Continue until **two thirds** of the **stock** has been added, this should take around **10-15 minutes**. Stir in **zucchini** and continue adding **stock** until the **rice** is soft but with a slight bite, this should take about another **5-10 minutes** (tip 2).

## 5. Finish risotto

Remove risotto from the heat and add **lemon zest** and **juice** and most of the **almonds** and **parsley**, leaving a small amount of each aside for garnish. Allow to rest, covered, for **2 minutes**.

## 6. Serve

Serve **risotto** into bowls. Top with **roasted red capsicum** and remaining toasted **almonds** and **parsley**.

Eat your way  
to healthy!



**Capsicums** are low in calories and very high in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are also rich in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium. They are also a great source of iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

## Nutritional information\*

	Per 495g serve	Per 100g
Energy	2271kJ (543Cal)	459kJ (110Cal)
Protein	14.1g	2.8g
Fat, total	16.8g	3.4g
- Saturated	1.5g	0.3g
Carbohydrate	70.0g	14.0g
- Sugars	9.0g	2.0g
Sodium	317mg	64mg

\* *Nutritional information is based on averages*