



Cooking Made Easy

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Grilled Artichoke Risotto with Toasted Pine Nuts

If an artichoke were a person they would be that hard-to-get, good-looking boy/girl at the bar who always seems to resist your advances. But much like the misunderstood artichoke, once you penetrate that tough exterior you'll inevitably spend a wonderful evening together. For tonight's dinner we've strolled over and broken the ice for you already. No need for any groundwork - just throw them in the mix and let the fun begin!



30 min



healthy



gluten free



veggie



Vegetable Stock Pot



Onion



Garlic Clove



Grilled Artichoke



Flat Leaf Parsley



Arborio Rice



Hard Italian Cheese




Pine Nuts

Ingredients

	2P	4P
Vegetable Stock Pot 1	1	2
Onion, diced	½ cup	1 cup
Garlic Clove, diced	1	2
Grilled Artichoke, chopped	1 pack	2 packs
Flat Leaf Parsley, chopped	½ bunch	1 bunch
Arborio Rice	200g	400g
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp
Pine Nuts	1 tbsp	2 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Milk

Nutrition per serving: Calories: 400 kcal | Protein: 12 g | Carbs: 43 g | Fat: 20 g | Saturated Fat: 4 g



1 Bring 800ml of water to a gentle simmer in a pot. Once simmering, add the stock pot and stir until dissolved. **Tip:** *Leave the stock on the lowest heat to keep it hot during the whole cooking process.*

off for a minute to mellow the flavour. If you don't have any wine don't worry - just move to step 5.



2 Peel and very finely dice the onion into ½cm cubes (or smaller). Peel and finely dice the garlic. Roughly chop the artichokes into bite size pieces. Roughly chop the parsley.

5 Add ⅔ cup of stock to the rice and stir it with long, massaging motions. Once the stock is almost soaked in, add another ⅔ of a cup and continue stirring. Continue adding stock and stirring until the rice is cooked (around 20 mins). Once the risotto is almost ready add the artichokes.



3 Heat ½ tbsp of butter (if you have it) and ½ tbsp of olive oil in a pot on medium-low heat. **Tip:** *If you don't have butter, use more olive oil or use the oil from the artichokes for extra flavour.* Add the onion and garlic and slowly stew for 5 mins until soft. **Tip:** *Do not let the onion burn - if it is cooking too fast, add 1 tbsp of water and turn the heat to low.*

6 You want to have a runny consistency so add a little more water to loosen it up if needed. Stir in the hard Italian cheese and 1 tbsp of parsley. Taste and then add more salt and pepper if you need to before serving. Sprinkle over more chopped parsley and pine nuts and eat immediately!



4 Add the risotto rice and coat it in the butter and olive oil. Turn heat to medium, add ¼ tsp of salt and stir. **Tip:** *After about 3 mins there should be a slight translucency around the edges of the rice.* **Tip:** *If you have some white wine in the kitchen, add 4 tbsp now.* Let the alcohol in the wine bubble