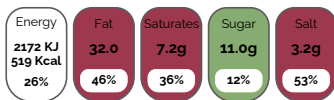


Spelt & Beetroot  
Risotto, Roasted Beets,  
Dressed Beet Greens,  
Crispy Kale, Walnut &  
Pumpkin Seed Pesto

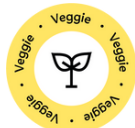


# Spelt & Beetroot Risotto

SERVES 6



Of an adult's Reference Intake (8,400KJ / 2000Kcal)  
Typical values per 100g: Energy 450KJ/107Kcal



## INGREDIENTS:

- 200g spelt
- 1ltr veg stock
- 150ml white wine
- 4 medium sized red beetroot
- 1 banana shallot finely chopped
- 2 garlic clove finely chopped
- 10g picked thyme
- 8 baby golden beetroot
- 1 baby candy beetroot
- 120g beet greens
- 100g fresh basil
- 50g walnuts
- 50g pumpkin seeds
- 100g parmesan
- 200ml olive oil
- 1 lemon juice and zest
- 200g curly kale
- 1 tbsp crème fraiche

## METHOD:

1. Wash and dry beetroots, drizzle with oil, season with salt and pepper. Wrap in foil and bake at 200°C for 45 minutes or until tender. Set aside to cool.
2. Toast walnuts and pumpkin seeds in the oven until golden brown.
3. Blend nuts, seeds, basil, 50g parmesan, lemon zest, and oil to make pesto.
4. Cook the baby golden beetroots in boiling water until tender, then set aside.
5. Peel the red and golden beetroots.
6. Dice the red beetroot and halve the golden beetroots.
7. Slice candy beetroot thinly using a mandolin.
8. Deep-fry kale at 180°C until crispy. Drain on paper and season with salt.
9. Blanch beet greens in salted boiling water for one minute, then chill.
10. In a pot, cook shallot, garlic, and thyme until softened. Add spelt, stirring to coat grains in oil. Cook over medium heat, gradually adding wine and stock, letting spelt absorb liquid before adding more.
11. When spelt is soft but still has a slight bite, reduce heat to low-medium. Add remaining 50g parmesan, diced red beetroot, crème fraiche, pesto, and juice of half a lemon.
12. Serve risotto topped with baby golden beetroots, dressed beet greens, candy beet slices (tossed in lemon juice, salt, and pepper), and crispy kale.