

**BARGAIN  
BOX**

Ready In About  
**60 MIN**

# Mother's Day Salmon Risotto

with Chocolate Pudding

Best Enjoyed  
EARLY

## Nutrition Information

Average Quantity Per Serving

Energy 8760 kJ | 2094 kcal | Protein 41.9 g | Fat, Total 95.4 g | Saturated Fat 54.9 g |  
Carbohydrate 254.8 g | Sugar 144.1 g | Sodium 1543mg



Nutrition information may vary between serve sizes.  
For the most accurate nutrition, refer to the recipes in your  
Account area. For most up to date allergen information, refer to all  
product labels. Please check the expiry date on your items.  
**Ingredients may differ to the recipe image.**



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## Ingredients

2

PEOPLE 

## Risotto

4 cup boiling water ^  
 1 pack Tuscan stock blend  
 1/2 leek, finely diced  
 1 drizzle of oil ^  
 150g Arborio rice  
 1/4 cup white wine, optional ^  
 50g baby spinach, roughly chopped  
 3 Tbsp sour cream  
 1/4 lemon, juiced

## Capers

1 drizzle of oil ^  
 10g capers

## To Serve

180g smoked salmon  
 50g rocket  
 1/4 lemon, juiced

## Pudding

1/4 cup milk ^  
 1 egg ^  
 125g butter, melted ^  
 1 pack chocolate pudding mix

## Sauce

1 pack chocolate sauce mix  
 1 cup boiling water ^

4

PEOPLE 

## Risotto

8 cup boiling water ^  
 1 1/2 pack Tuscan stock blend  
 1 leek, finely diced  
 1 drizzle of oil ^  
 300g Arborio rice  
 1/2 cup white wine, optional ^  
 100g baby spinach, roughly chopped  
 125g sour cream  
 1/2 lemon, juiced

## Capers

1 drizzle of oil ^  
 20g capers

## To Serve

360g smoked salmon  
 100g rocket  
 1/2 lemon, juiced

## Pudding

1/2 cup milk ^  
 1 egg ^  
 125g butter, melted ^  
 1 pack chocolate pudding mix

## Sauce

1 pack chocolate sauce mix  
 1 cup boiling water ^

6

PEOPLE 

## Risotto

12 cup boiling water ^  
 2 pack Tuscan stock blend  
 1 1/2 leek, finely diced  
 1 drizzle of oil ^  
 450g Arborio rice  
 3/4 cup white wine, optional ^  
 150g baby spinach, roughly chopped  
 1 1/2 pack sour cream  
 1/2 lemon, juiced

## Capers

1 drizzle of oil ^  
 40g capers

## To Serve

540g smoked salmon  
 150g rocket  
 1/2 lemon, juiced

## Pudding

3/4 cup milk ^  
 1 egg ^  
 125g butter, melted ^  
 1 pack chocolate pudding mix

## Sauce

1 pack chocolate sauce mix  
 1 cup boiling water ^

## Instructions

1.

## PREP IT

Preheat oven to 180°C.  
 Bring a full kettle to the boil.  
 Combine boiling water and measure of stock spices in a pot. Bring back to the boil on medium heat. Once boiling, remove from heat and keep warm. Finely dice leek.

2.

## COOK IT

Heat oil in a second pot on medium. Add leek with a pinch of salt and cook for about 4 mins, until soft. Add rice and wine (or equal amount of stock or water) and cook, stirring to coat rice for about 1 min, until absorbed. Once liquid is absorbed, reduce heat to low-medium. Start adding stock, about 1/2 cup at a time, only adding more stock once the previous addition has been absorbed. Continue this, stirring often for 18-20 mins, or until grains are tender and risotto is a porridge-like consistency.

3.

## FRY IT

Heat oil in a frypan on medium. Add capers and cook for about 2 mins, until crispy. Remove from pan and set aside for serving.

4.

## WARM IT

Place salmon on a lined oven tray. Warm in oven for 2-3 mins, until just heated through. Gently flake smoked salmon away from the skin in large pieces and discard skin. Set aside for serving.

5.

## FINISH IT

Roughly chop spinach. When risotto is cooked, add spinach, first measure of sour cream and squeeze in first measure of lemon juice. Mix well, until creamy and season to taste with salt and pepper. Toss rocket in a bowl and squeeze in second second measure of lemon juice just before for serving.

6.

## EAT IT

Spoon risotto into bowls and top with salmon. Serve with a handful of rocket and sprinkle over capers.

7.

## MIX IT (DESSERT)

Grease a baking dish (about 20 x 15cm). In a bowl, whisk together milk, egg and melted butter. Add chocolate pudding mix. Whisk gently until smooth and combined. Pour into prepared dish and smooth into an even layer with a spoon.

8.

## BAKE IT (DESSERT)

Sprinkle chocolate sauce mix evenly over pudding. Slowly pour boiling water measure onto the back of a large metal spoon over the pudding, to cover evenly. Place baking dish on a baking tray (to prevent any spills while baking). Bake for 25-30 mins, or until pudding bounces back when pressed gently in centre. Serve immediately.

9.

## EAT IT (DESSERT)

Dust pudding with icing sugar and serve with cream or vanilla ice cream (optional).

^ STAPLE

**Tuscan stock blend** vegan chicken-style stock powder, garlic powder, onion powder, mustard powder, thyme, Italian herbs

**chocolate pudding mix** flour, baking powder, cocoa powder, brown sugar, dark chocolate buttons

**chocolate sauce mix** cocoa powder, brown sugar