



**VEGETARIAN
EXPRESS**



Spelt, Parsley Root and Hemp Risotto

Ingredients

- 200g onion
- 10g chopped garlic (puree)
- 300g British pearled spelt (farro grande)
- 10g Marigold Swiss vegetable bouillon - less salt
- 2g parsley
- 40g plant-based Italian-style hard wedge
- 40g Flora plant butter wrapper
- 200g parsley root
- 10g hemp seeds
- 40g kale

Marigold Swiss vegetable bouillon - less salt may contain traces of Eggs, Milk, Mustard & Sulphites

Plant-based Italian-style hard wedge may contain traces of Milk

Method | SERVES 4

- Dice and sweat onions in a little oil for 5 minutes on a low heat without colouring.
- Peel and finely dice parsley root and add to pan.
- Add pearled spelt and fry for 5 minutes.
- Add garlic puree.
- Make up 1 litre of vegetable bouillon. Add in 3 stages, waiting for the water to evaporate each time.
- When spelt is tender add parsley and cook for 3-4 minutes until kale is cooked.
- Toast hemp seeds.
- Add plant-based butter and plant-based Italian-style hard wedge to taste.
- Finish with toasted hemp seeds.
- Arrange as shown.

Typical Nutritional Values

	per 100g	serving 313g
Energy	572kJ 136kcal	1791kJ 426kcal
Fat	4.9g	15.3g
of which Saturated	2.0g	6.3g
Carbohydrate	19.0g	59.5g
of which Sugars	6.0g	18.8g
Fibre	4.1g	12.8g
Protein	4.0g	12.5g
Salt	0.31g	0.97g

Suitable for: Vegan, Nut free

Allergens: Cereal Gluten, Soya, Celery

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using cheese & butter.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
140	2	236

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.