



# Spinach & Fetta Arancini

Recipe by Kirsten Bacon



Serves 2-4



30 minutes

## INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, finely diced
- 2 cloves garlic, crushed
- 1 cup arborio rice
- 3 cups vegetable or chicken stock (hot)
- 2 cups fresh spinach, chopped (or 1 cup cooked, squeezed dry)
- 100 g feta, crumbled

## DIRECTIONS

1. Heat the oil and sauté the onion until soft.
2. Add the garlic and stir for 30 seconds.
3. Add the arborio rice and coat in the oil for 1 minute.
4. Add the hot stock, one ladle at a time, stirring until absorbed.
5. When the rice is cooked, stir in the spinach.
6. Remove from heat and fold in the feta, parmesan, salt, pepper, and lemon zest.
7. Cool completely, or refrigerate for best shaping. Overnight is even better.
8. When completely cool, take a small handful of the risotto and roll into golf-ball sized balls (or smaller if you want them nibble-size for toothpicks).



## Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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## INGREDIENTS

- ½ cup freshly grated parmesan
- Salt & pepper to taste
- Lemon zest

For coating:

- 1 cup plain flour
- 2 eggs, beaten
- 1.5 cups panko breadcrumbs
- Zest of 1 lemon

## DIRECTIONS

9. Start by rolling the balls in flour, then the egg, and finally coat in the panko breadcrumbs.
10. Shallow- or deep-fry until golden (about 3–4 minutes). Drain on paper towel.

How to serve: I like to serve mine on a bed of rocket, fresh parsley or any fresh herbs, a sprinkle of freshly grated parmesan, and a few nasturtium or marigold petals.



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