



In your box

¼ oz. Parsley
4 tsp. Mirepoix Base
8 oz. Broccoli Florets
1 Shallot
2 Garlic Cloves
1 oz. Grated Parmesan
¾ cup Arborio Rice
2 oz. White Cooking Wine
2 oz. Shredded Cheddar Cheese
.6 oz. Butter

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Small Pot, Baking Sheet, Medium Pot



Broccoli Parmesan Risotto

with cheddar and shallot

NUTRITION per serving—Calories: 636, Carbohydrates: 73g, Fat: 28g, Protein: 22g, Sodium: 1271mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

50-60 min.

Cook Within

7 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring 4 cups **water** to a boil in a small pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**

Customize It Instructions

- Meatlovers! If using proteins, cook in a medium non-stick pan with 2 tsp. **olive oil** over medium heat. If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Halve and peel **shallot**. Cut halves into ¼" dice.
- Stem and mince **parsley**.
- Mince **garlic**.



2

Start the Vegetables

- Place **broccoli** and **shallot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until tender but still crisp, 10-12 minutes.
- Remove from oven.



3

Finish the Vegetables

- Carefully sprinkle **Parmesan** over **vegetables** and roast again until broccoli is lightly browned, 4-6 minutes.
- Tent roasted vegetables with foil.
- While vegetables roast, start risotto.



4

Start the Risotto

- Place a medium pot over medium-high heat. Add 1 tsp. **olive oil**, **rice**, and **garlic** to hot pot. Stir constantly until rice is toasted and opaque, 1-2 minutes.
- Add **white wine** and stir constantly until evaporated, 30 seconds.
- Add 1 cup **boiling water** from small pot and **mirepoix base** to rice. Rice should just be covered by water. Stir constantly until nearly all liquid is absorbed, 4-6 minutes.



5

Finish Risotto and Finish Dish

- Add ½ cup **boiling water** and stir constantly until almost completely absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste as you cook, checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be water left.
- Remove from burner. Stir in **cheddar**, **butter**, half the **parsley** (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper**.
- Plate dish as pictured on front of card, topping risotto with **vegetables** and garnishing with remaining parsley. Bon appétit!