



In your box

- 1 oz. Grated Parmesan
- 1 Shallot
- 8 oz. Brussels Sprouts
- ¼ oz. Parsley
- 2 tsp. Mirepoix Broth Concentrate
- ½ oz. Roasted Pecans
- 1 oz. Butter
- ¾ cup Arborio Rice
- 1 oz. White Cooking Wine
- 1 oz. Goat Cheese

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Steak Strips
- 12 oz. Filets Mignon
- 8 oz. Shrimp

*Contains: milk, tree nuts (pecans)

You will need

- Olive Oil, Salt, Pepper
- Small Pot,
- Medium Oven-Safe Non-Stick Pan,
- Medium Pot

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Brussels Sprouts & Brown Butter Risotto

with goat cheese and pecans

NUTRITION per serving—Calories: 688, Carbohydrates: 72g, Sugar: 5g, Fiber: 8g, Protein: 18g, Sodium: 1224mg, Fat: 37g, Saturated Fat: 13g
 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

45-55 min.

Cook Within

7 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Refrigerate **goat cheese** until ready to use
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- Meat lovers! If using protein, cook in a large non-stick pan over medium heat with 2 tsp. **olive oil**. If using **shrimp**, pat dry and season with a pinch of **salt** and **pepper**. Cook until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **steak strips**, separate into a single layer, pat dry, and season all over with a pinch of salt and pepper. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest 3 minutes. If using **filet**, pat dry and season both sides with a pinch of salt and pepper. Cook until steaks reach minimum internal temperature, 4-6 minutes per side. Rest 3 minutes. If using **diced chicken**, pat dry and season all over with a pinch of salt and pepper. Stir occasionally over medium-high heat until chicken reaches minimum internal temperatures, 5-7 minutes. Add proteins to risotto as desired.



1. Prepare Ingredients and Heat Water

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Stem and coarsely chop **parsley**.
- Peel and mince **shallot**.
- Place a small pot with 4 cups **water** over medium-high heat. When it begins to steam (but before it simmers), reduce heat to low.



2. Cook the Brussels Sprouts and Pecans

- Heat 2 Tbsp. **olive oil** in a medium oven-safe non-stick pan over medium-high heat. Add **Brussels sprouts** to hot pan and stir occasionally, 5 minutes.
- Stir in **pecans** and a pinch of **salt**. Place pan in hot oven and roast until Brussels are tender and pecans are toasted, 5-7 minutes.
- Carefully (pan will be hot!) remove from oven. Cover and set aside.
- While Brussels sprouts roast, start risotto.



3. Start the Risotto

- Place a medium pot over medium heat. Add **butter** to hot pan and stir occasionally until butter smells "nutty," turns golden, and brown flecks appear, 1-3 minutes.
- *Be alert: Browning happens quickly after butter stops sizzling.*
- Add **shallot** and stir occasionally until softened, 2-3 minutes.
- Add **rice** and stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add **white wine** and stir constantly until almost completely evaporated, 1-2 minutes.



4. Finish the Risotto

- Add **mirepoix base** and 1 cup **water** from small pot to pot with rice. Rice should just be covered by liquid. Stir often until nearly all liquid is absorbed.
- Add ½ cup water and stir often until nearly all liquid is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste **risotto** as you cook, checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be liquid left. If more liquid is needed, use hot water.
- Remove from burner. Stir in **Parmesan** (reserve a pinch for garnish), **parsley**, ½ tsp. **salt**, and ¼ tsp. **pepper**. If risotto is too stiff, add ¼ cup hot water to loosen.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **Brussels sprouts** and **pecans** and garnishing with **goat cheese** (crumbling with your hands if needed) and reserved **Parmesan**. Bon appétit!