



### In your box

- 8 oz. Artichoke Hearts
- 2 oz. Light Cream Cheese
- ½ tsp. Garlic Salt
- 1 Lemon
- 2 tsp. Mirepoix Broth Concentrate
- ¼ cup Panko Breadcrumbs
- 1 oz. Shredded Parmesan Cheese
- 5 oz. Baby Spinach
- 1 cup Arborio Rice

### Customize It Options

- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt, Pepper
- 2 Medium Pots

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



# Spinach and Artichoke Risotto

with Parmesan and crispy breadcrumbs

NUTRITION per serving—Calories: 696, Carbohydrates: 107g, Sugar: 5g, Fiber: 11g, Protein: 23g, Sodium: 1706mg, Fat: 21g, Saturated Fat: 7g  
 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

**35-45 min.**

Cook Within

**7 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Bring a medium pot of **water** to a boil



### 1. Prepare the Ingredients

- Drain **artichokes**, rinse, and pat dry. Coarsely chop.
- Coarsely chop **spinach**.
- Zest **lemon**, halve, and juice.



### 2. Toast Panko and Cook Artichokes

- Place another medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **panko** to hot pot and stir constantly until toasted, 1-2 minutes.
- Remove panko to a plate. Wipe pot clean and return to medium heat.
- Add 2 tsp. olive oil and **artichokes** to hot pot. Stir occasionally until softened, 2-3 minutes.
- Transfer artichokes to another plate. Wipe pot clean and reserve.

### Customize It Instructions

- Meat lovers! If adding protein, pat dry, season with a pinch of **salt** and **pepper**, and cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **chicken breasts**, cook until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **salmon fillets**, cook, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side. If using **filets mignon**, cook until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes. Add to meal as desired.



### 3. Start the Risotto

- Return pot used to cook artichokes to medium-high heat and add 1 tsp. **olive oil**. Add **rice** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from other medium pot, **mirepoix base**, ¼ tsp. **salt**, and a pinch of **pepper** to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add ½ cup boiling water and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.



### 4. Finish the Risotto

- Taste *risotto* as you cook, checking for tenderness. *When rice has no more "bite" or crunch, it's done. There may be water left.*
- Add **cream cheese**, **garlic salt**, **spinach**, and **artichokes** to pot. Stir until spinach is wilted, 1-2 minutes.
- Stir in 1 tsp. **lemon zest** and 1 Tbsp. **lemon juice**. Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **panko** and **Parmesan**. Bon appétit!