



In your box

- 2 tsp. Mirepoix Broth Concentrate
- 1 oz. Butter
- ¾ cup Arborio Rice
- 12 oz. Red Beet
- 1 oz. Roasted Pistachios
- 2 oz. White Cooking Wine
- 1 oz. Goat Cheese
- ½ oz. Grated Parmesan
- 2 Garlic Cloves

Customize It Options

- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (pistachios)

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Roasted Beet and Goat Cheese Risotto

with pistachios

NUTRITION per serving—Calories: 668, Carbohydrates: 76g, Sugar: 11g, Fiber: 8g, Protein: 17g, Sodium: 1250mg, Fat: 32g, Saturated Fat: 12g
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

Intermediate

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 **450 degrees**
- Bring 4 cups **water** to a boil in a small pot
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **goat cheese** until ready to use



Customize It Instructions

- Meatlovers! Cook proteins in a large non-stick pan over medium heat with 1 tsp. **olive oil**. If using **shrimp**, pat dry. Cook undisturbed until shrimp reach minimum internal temperature, 2-3 minutes. If using **chicken breasts**, pat dry and on a separate cutting board, cut into 1" dice. Stir occasionally until chicken reaches a minimum internal temperature, 5-7 minutes. If using **flank steak**, separate into a single layer and pat dry. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes. Add to risotto as desired.

1. Roast the Beet

- Trim ends off **beet**, peel, and cut into a large dice. Wash hands and cutting board after working with beet; it's used as a dye for a reason! Feel free to use a plastic cutting board, or hold beet with a paper towel to avoid staining.
- Place diced beet on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into beet.
- Spread into a single layer and roast in hot oven until tender, 20-25 minutes.
- While beet roasts, prepare ingredients.

2. Prepare the Ingredients

- Coarsely chop **pistachios**.
- Mince **garlic**.



3. Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **rice**, **garlic**, and a pinch of **salt** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add **white cooking wine** and cook until mostly evaporated, 30-60 seconds.
- Add 1 cup **boiling water** from small pot and **mirepoix base** to pot with rice. Rice should just be covered by broth. Stir often until nearly all broth is absorbed.



4. Finish the Risotto

- Add ½ cup **boiling water** and stir often until nearly all water 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 water left.
- Remove from burner. Stir in **butter**, **Parmesan**, and ¼ tsp. **salt**. If beet is still roasting, cover risotto and set aside.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **beet**, **pistachios**, and **goat cheese** (crumbling if needed). Bon appétit!