



HOME CHEF

Asparagus and Roasted Red Pepper Risotto

With Baby Carrots and Basil



The key to truly excellent risotto—a dish chefs everywhere obsess over—is the arborio rice. We teach you how to cook it just right, gradually adding stock to the rice while constantly stirring. Finally, you'll incorporate fresh basil, asparagus, and carrots into the perfectly creamy rice.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 538
Carbohydrates: 94g
Fat: 9g
Protein: 17g
Sodium: 1705mg
per serving

DIETARY



LOW CALORIE



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Pinot Noir
Dry Riesling
Viognier

INGREDIENTS

1 Shallot
8 oz. Asparagus
6 oz. Baby Carrots
.15 oz. Basil Sprigs
3 oz. Roasted Red Peppers,
Drained
1 Tbsp. Minor's Vegetable
Base, Gluten-Free
8 oz. Arborio Rice
2 oz. White Cooking Wine
2 oz. Grated Parmesan
Cheese

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

2 Medium Pans
Small Pot

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Peel and mince **shallot**. Trim bottom 2" from **asparagus stalks**. Cut off tips and set aside. Cut remaining stalks into ¼" rounds. Halve **baby carrots** lengthwise. Stem and stack **basil** leaves, roll into a cylinder, and slice across the length of the roll creating very thin strips (chiffonade). Cut **roasted red pepper** into thin strips (julienne). Combine **vegetable base** and 4 cups of **water** in a small pot and bring to a simmer.



Start the Risotto

Heat 2 tsp. of **olive oil** in a medium pan over medium heat. Add **shallot** and cook 30 seconds until aromatic. Add **arborio rice** and stir to coat with oil, toasting rice for 1 minute. Add **white cooking wine** and cook until wine evaporates, about 1 minute.



Add the Broth and Asparagus

Keep pan with **arborio** over medium heat and add ½ cup **vegetable broth**. Stir, adding more broth as the rice absorbs the liquid. Continue process, adding broth a little at a time and stirring often, until rice is tender, 18-22 minutes. When nearly finished, add the **asparagus stalk rounds**. Season with a pinch of **salt and pepper**.



Cook Carrots and Asparagus

Heat 2 tsp. **olive oil** in a medium pan over medium heat. Add **baby carrots** and **asparagus tips**. Sauté 2 minutes and add 1 Tbsp. of **water**. Continue cooking until vegetables are vibrant and tender, 4-5 more minutes. Set aside.



Finish Risotto

Just before serving, stir in **Parmesan cheese** (reserving a bit for garnish) and **roasted red peppers**.



Plate the Dish

Serve **risotto** in a shallow bowl or on a plate. Garnish with **asparagus tips and baby carrots**. Sprinkle **reserved Parmesan** and **basil chiffonade** over the top.