Brussels & Brown Butter Risotto

with goat cheese and pecans

NUTRITION per serving–Calories: 687, Carbohydrates: 72g, Fat: 37g, Protein: 18g, Sodium: 1221mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

45-55 min.
Expert Not Spicy
7 days

In your box
1 oz. Grated Parmesan
1 Shallot
8 oz. Brussels Sprouts
¼ oz. Parsley
2 tsp. Mirepoix Base
½ oz. Pecans
1 oz. Butter
¾ cup Arborio Rice
1 oz. White Cooking Wine
1 oz. Goat Cheese
Prepare Ingredients and Make Broth

- Peel and mince shallot.
- Trim bottoms off Brussels sprouts and halve. (Quarter if larger than a ping-pong ball).
- Stem and coarsely chop parsley.
- Combine mirepoix base with 4 cups water in a small pot and place over medium-high heat. When it begins to steam (but before it simmers), reduce heat to low.

Make the Risotto

- Add 1 cup water-mirepoix broth to pot with rice. Rice should just be covered by broth. Stir often until nearly all broth is absorbed.
- Add ½ cup water-mirepoix broth and stir often until nearly all broth 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 broth 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 remaining broth (or hot water if no broth remains) to loosen.

Brown Butter and Toast Rice

- 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 cook until softened, 2 minutes.
- Add rice to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add white wine and stir constantly until almost completely evaporated, 1 minute.

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 and place pan in hot oven. Roast until Brussels are tender and pecans are toasted, 5-7 minutes.
- Carefully (pan will be hot!), remove Brussels to a plate and tent with foil. Set aside.

Finish the Dish

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