



In your box

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

Customize It Options

- 8 oz. Scallops
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (pecans), shellfish (scallops)

You will need

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



Brussels & Brown Butter Risotto

with goat cheese and pecans

NUTRITION per serving—Calories: 688, Carbohydrates: 72g, Fat: 37g, Protein: 18g, Sodium: 1224mg.

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

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- 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 before Step 3 and tent with foil. Top risotto with protein. If using **scallops**, pat dry and season with a pinch of **salt** and **pepper**. Cook over medium-high heat with 2 tsp. **olive oil** until scallops reach minimum internal temperatures, 1-2 minutes per side. If using **diced chicken**, pat dry and season with a pinch of salt and pepper. Stir occasionally over medium-high heat with 2 tsp. olive oil until chicken reaches minimum internal temperatures, 5-7 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare Ingredients and Make Broth

- Peel and mince **shallot**.
- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Stem and coarsely chop **parsley**.
- 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 and cover. Set aside.
- While Brussels 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 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 minute.



4

Finish the Risotto

- Add 1 cup **water** and **mirepoix base** from small pot to pot with rice. *Rice should just be covered by broth.* Stir often until nearly all broth is absorbed.
- Add ½ cup water 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.



5

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!