



NUTRITION *per serving* 67g carbohydrates 21g fat 23g protein 1389mg sodium | low-calorie, gluten-free, soy-free, nut-free



Calories
609



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR BOX

- .9 oz. Butter
- 2 Green Onions
- 1 oz. Julienned Sun-Dried Tomatoes
- 16 Shrimp
- ¾ cup Arborio Rice
- 2 fl. oz. White Cooking Wine
- 3 oz. Peas
- 1 ½ oz. Grated Parmesan Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Medium Non-Stick Pan
- Medium Pot

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HOME CHEF

Shrimp and Sweet Pea Risotto

with sun-dried tomatoes and Parmesan

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring **4 cups** of water to a boil in a **small pot**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Green onions** are used twice. Most are added to **risotto** when cooking and remaining garnish finished risotto.

FROM THE CHEF

This new, streamlined version of risotto saves your arm all the exercise: it does not require constant stirring. The rice releases most of its starch when cooking 15 minutes. When butter and cheese are added, stirring constantly for around 5 minutes will result in that classic, creamy risotto.

Did you know...

Using hot liquid to make risotto helps it cook more efficiently because you aren't waiting for water to return to a simmer.



Prepare the Ingredients

Once boiling, reduce water to a very low simmer and reserve for making risotto. While water simmers, trim and thinly slice **green onions** on an angle. Coarsely chop **sun-dried tomatoes**. Rinse **shrimp**, pat dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



Sear the Shrimp

Heat a medium non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil** and **shrimp** to hot pan and cook until seared on both sides, 1-2 minutes per side. Remove shrimp to a bowl or plate. *Shrimp will finish cooking in a later step.* Reserve pan; no need to wipe clean.



Begin the Risotto

Place a medium pot over medium-high heat. Add 2 tsp. **olive oil**, **Arborio rice**, **green onions** (reserve a bit for garnish), and $\frac{1}{4}$ tsp. **salt** to hot pot and cook, stirring constantly, until rice is slightly toasted, 2-3 minutes. Add **white cooking wine** and cook, stirring occasionally, until reduced by half, 1-3 minutes.



Continue the Risotto

Add 3 cups reserved **warm water** (reserve remaining for adjusting consistency of risotto), bring to a boil, and reduce to a strong simmer (small bubbles on surface of rice). Cover tightly and cook undisturbed until most water is absorbed, 15 minutes.



Finish the Risotto

Uncover, bring heat to medium-high, and add **sun-dried tomatoes** and **peas**. Cook, stirring constantly, until risotto has a porridge-like consistency, 2-3 minutes. Add **butter** and **Parmesan**. Add $\frac{1}{4}$ cup warm water if needed for a smooth and creamy consistency. Cook, stirring constantly, until rice is al dente, 2-3 minutes. Remove from burner, taste, and season with **salt and pepper** if desired. Push **shrimp** into rice, cover, and let heat finish cooking shrimp until they reach a minimum internal temperature of 145 degrees, 4-6 minutes.



Plate the Dish

Spoon **risotto** onto a plate and garnish with reserved **green onions**.