



**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**.