



#### In your box

- 1 oz. Grated Parmesan
- .6 oz. Butter
- 1 Shallot
- ¾ cup Arborio Rice
- 4 tsp. Mirepoix Base
- 8 oz. Broccoli Florets
- 2 oz. White Cooking Wine
- ¼ oz. Parsley
- 2 oz. Shredded Cheddar Cheese
- 2 Garlic Cloves

#### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Italian Pork Sausage Links

\*Contains: milk

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Small Pot, Baking Sheet, Medium Pot



## Broccoli Parmesan Risotto

with cheddar and shallot

NUTRITION per serving—Calories: 624, Carbohydrates: 71g, Fat: 27g, Protein: 23g, Sodium: 1252mg.

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

50-60 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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**

## Customize It Instructions

- Meat lovers! Top finished risotto with proteins. If using **Italian sausage**, remove from casing. Heat a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and Italian sausage to hot pan. Break into smaller pieces with a spoon until no pink remains, 4-6 minutes. If using **diced chicken**, pat dry and season with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add diced chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Prepare “broth” by bringing a small pot with 4 cups **water** to a boil. Once boiling, reduce to a simmer.
- While broth heats, cut **broccoli** into bite-sized pieces.
- Halve and peel **shallot**. Cut halves into ¼” dice.
- Stem and mince **parsley**.
- Mince **garlic**.



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### Start the Vegetables

- Place **broccoli** and **shallot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until tender but still crisp, 10-12 minutes.
- Remove from oven.



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### Finish the Vegetables

- Carefully sprinkle **Parmesan** over **vegetables** and roast again until broccoli is lightly browned, 4-6 minutes.
- Tent cooked vegetables with foil.
- While vegetables roast, start risotto.



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### Start the Risotto

- Place a medium pot over medium-high heat. Add 1 tsp. **olive oil**, **rice**, and **garlic** to hot pot. Stir constantly until rice is toasted and opaque, 1-2 minutes.
- Add **white wine** and stir constantly until evaporated, 30 seconds.
- Add 1 cup **simmering water** from small pot and **mirepoix base** to rice. Rice should just be covered by broth. Stir constantly until nearly all liquid is absorbed, 4-6 minutes.



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### Finish Risotto and Finish Dish

- Add ½ cup **simmering water** and stir constantly until almost completely absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste as you cook, checking for tenderness. When rice has no more “bite” or crunch, it’s done. There may be broth left.
- Remove from burner and stir in **cheddar**, **butter**, half the **parsley** (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper**.
- Plate dish as pictured on front of card, topping risotto with **vegetables** and garnishing with remaining parsley. Bon appétit!