



**NUTRITION** *per serving* 68g carbohydrates 28g fat 26g protein 1387mg sodium | CONTAINS dairy | vegetarian



Calories  
**631**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 2 Garlic Cloves
- 1 Yellow Squash
- 4 oz. Asparagus
- 4 oz. Burrata Cheese
- 1 tsp. Smoked Paprika
- ¾ cup Arborio Rice
- 2 fl. oz. White Cooking Wine
- 1 ½ oz. Pecorino Cheese
- .6 oz. Butter
- ½ oz. Baby Arugula

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Medium Pots
- Baking Sheet
- Mixing Bowl

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## Burrata Risotto

with asparagus and pecorino

## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Bring **4 cups** of water to a boil in a **medium** pot
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

## FROM THE CHEF

Constantly stirring the risotto does more than just give your arm a good workout. Stirring releases starches, a key for creamy risotto, and allows for even cooking of the rice.

### Did you know...

Burrata is filled with creamy mozzarella curds known in Italian as "straciatella," which translates as "little shreds."



1

## Roast the Garlic

Halve **garlic**. Place garlic halves on a small piece of foil and toss with  $\frac{1}{2}$  tsp. **olive oil**. Make a foil pouch around garlic. Place directly on oven rack, opening side up, and roast until garlic is tender, 12-15 minutes. Remove from oven, carefully open pouch, and let cool 2-3 minutes. *Pouch will be hot.* Once cool, mash into a paste. While garlic roasts, prepare ingredients.



2

## Prepare the Ingredients

Trim **yellow squash** ends, quarter lengthwise, and cut into  $\frac{1}{4}$ " slices. Trim woody ends off **asparagus** and cut into 1" lengths. Place **burrata** in a medium mixing bowl and mash. Season burrata with  $\frac{1}{4}$  tsp. **salt**.



3

## Roast the Vegetables

Toss **yellow squash** and **asparagus** on prepared baking sheet with **smoked paprika**, 2 tsp. **olive oil**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast until vegetables are lightly charred and tender, 10-12 minutes. While vegetables roast, start risotto.



4

## Start the Risotto

Heat another medium pot over medium-high heat. Add 2 tsp. **olive oil** and **Arborio rice** to hot pot. Cook, stirring constantly, until rice is lightly browned, 2-3 minutes. Add **white wine**, and cook, stirring constantly, 30 seconds. Add 1 cup **boiling water**. *Rice should just be covered by water.* Stir constantly until nearly all water is absorbed, 4-6 minutes.



5

## Finish the Risotto

Add  $\frac{1}{2}$  cup **water** and stir until water is nearly all absorbed. Continue adding  $\frac{1}{2}$  cups water and stirring constantly, repeating the process until **risotto** has no more "bite" or crunch, 18-20 minutes. *There may be water left over.* Taste as you cook, checking for tenderness. Remove pot from burner and stir in **butter**, **pecorino**, and **garlic paste**. Season with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



6

## Plate the Dish

Place a serving of **risotto** in a shallow bowl. Top with **roasted vegetables** and garnish with **arugula** and **mashed burrata**.