



NUTRITION per serving 70g carbohydrates 20g fat 18g protein 992mg sodium | calorie-conscious, vegetarian



Calories
538



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



French Onion Risotto

with Swiss cheese

IN YOUR BOX

- 1 Yellow Onion
- 2 Garlic Cloves
- 3 Thyme Sprigs
- 6 oz. Cremini Mushrooms
- 2 tsp. Vegetable Base
- ¾ cup Arborio Rice
- 2 fl. oz. White Cooking Wine
- 1 oz. Grated Parmesan Cheese
- 1 oz. Shredded Swiss Cheese

CONTAINS: milk

Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

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

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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 **425 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ☐ **Heads Up!** **Thyme** is used twice. Most is added to **risotto**, and a pinch garnishes dish.

FROM THE CHEF

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

Did you know...

When it was first made, in 14th century Switzerland, Swiss cheese was known as *Emmental* cheese. In fact, in many areas of the world, the hole-y cheese is still known as *Emmental*.



Prepare the Ingredients

Halve and peel **onion**. Slice halves into thin strips. Mince **garlic**. Stem **thyme**. Quarter **mushrooms**.



Caramelize the Onion

Make broth by bringing a small pot with 4 cups **water** and **vegetable base** to a boil. Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **onion** to hot pot and cook undisturbed, 4-5 minutes. Then stir occasionally until caramelized, 5-6 minutes. Transfer onion to a mixing bowl, and season with a pinch of **salt** and **pepper**. Reserve pot; no need to wipe clean. Cover bowl with plastic wrap.



Start the Risotto

Return pot used to caramelize onion to medium-high heat. Add 2 tsp. **olive oil**, **garlic**, **thyme** (reserve a pinch for garnish), and **rice**. Stir constantly until rice is lightly browned, 2-3 minutes. Add **white wine** and cook until absorbed, 30-60 seconds. Add 1 cup **hot broth** to pot with rice. *Rice should just be covered by broth*. Stir constantly until nearly all broth is absorbed.



Roast the Mushrooms

Place **mushrooms** on prepared baking sheet. Toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer and roast until tender and caramelized, 8-10 minutes. While mushrooms roast, finish risotto.



Finish the Risotto

Add another ½ cup **broth** and stir constantly until broth is nearly all absorbed. Repeat this process, stirring constantly, 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*. Remove pot from burner and stir in **Parmesan cheese**. Season to taste with **salt** and **pepper**.



Finish the Dish

Place **risotto** in a shallow bowl. Top with **caramelized onions** and **mushrooms**. Garnish with remaining **thyme** and **Swiss cheese**.