



#### In your box

2 Garlic Cloves  
1 oz. Goat Cheese  
1 oz. Grated Parmesan  
2 oz. White Cooking Wine  
1 oz. Roasted Pistachios  
2 tsp. Mirepoix Base  
12 oz. Red Beet  
¾ cup Arborio Rice  
1 oz. Butter

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
10 oz. Steak Strips  
10 oz. Antibiotic-Free Ground Beef

#### You will need

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



## Roasted Beet and Goat Cheese Risotto

with pistachios

NUTRITION per serving—Calories: 694, Carbohydrates: 76g, Fat: 34g, Protein: 19g, Sodium: 1207mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

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

Cook Within  
**7 days**

Difficulty Level  
**Intermediate**

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 **450 degrees**
- Bring 4 cups **water** to a boil in a small pot
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **goat cheese** until ready to use

## Customize It Instructions

Meat lovers! Pat **chicken** dry and season with a pinch of salt and pepper. Cut into 1" dice. Cook in a large non-stick pan over medium heat with 1 tsp. olive oil, stirring occasionally until chicken reaches a minimum internal temperatures, 5-7 minutes. If using **ground beef** or **steak strips**, use a large non-stick pan over medium-high heat, stirring occasionally until no pink remains, 4-6 minutes. (Separate steaks strips and pat dry before cooking.) Feel free to top risotto with proteins, or enjoy on the side.

### Minimum Internal Temperature

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



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### Roast the Beet

- Trim ends off **beet**, peel, and cut into a large dice.
- Place beets on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into beets.
- Spread into a single layer and roast in hot oven until tender, 20-25 minutes.
- While beets roast, prepare ingredients.



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### Prepare the Ingredients

- Coarsely chop **pistachios**.
- Mince **garlic**.



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### Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **rice** and **garlic** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add **white cooking wine** and cook until mostly evaporated, 30-60 seconds.
- Add 1 cup **boiling water** from small pot and **mirepoix base** to pot with rice. *Rice should just be covered by broth.* Stir often until nearly all broth is absorbed.



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### Finish the Risotto

- Add ½ cup **boiling water** and stir often until nearly all broth is absorbed. Repeat this process, stirring often, 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 from burner. Stir in **butter**, **Parmesan**, and ¼ tsp. **salt**. If **beets** are still roasting, cover and set aside.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **beets**, **pistachios**, and **goat cheese** (crumbling with your hands if needed). Bon appétit!