



In your box

- 1 oz. Grated Parmesan
- 1 oz. Blue Cheese
- ½ cup Arborio Rice
- 4 oz. Cremini Mushrooms
- 2 oz. Baby Spinach
- .6 oz. Butter
- 4 tsp. Beef Demi-Glace
- 1 Yellow Onion

Customize It Options

- 10 oz. Steak Strips
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 20 oz. Steak Strips–Double Portion

You will need

- Olive Oil, Salt, Pepper
- Small Pot, Medium Pot, Large Non-Stick Pan



Staff Pick

Black & Blue Steakhouse Risotto

with mushrooms and spinach

NUTRITION per serving–Calories: 780, Carbohydrates: 59g, Fat: 40g, Protein: 46g, Sodium: 1509mg.
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

50-60 min.

Cook Within

6 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
- Bring a small pot of 4 cups water to a boil

Customize It Instructions

- If using **chicken breast**, pat dry and, on a separate cutting board, cut into 1" dice. Season all over with 1/4 tsp. salt and a pinch of pepper. Follow same instructions in Step 4, cooking undisturbed, 4-5 minutes, then follow same instructions until chicken reaches a minimum internal temperature, 1-2 minutes.
- If using **20 oz. steak strip**, follow same instructions in Step 1, seasoning with 1/4 tsp. salt and a pinch of pepper. Follow same instructions in Step 4, remove mushrooms from pan instead of moving to one side. Return mushrooms to pan with demi-glace.
- If using **flank steak**, follow same instructions in Step 1, seasoning with 1/4 tsp. salt and a pinch of pepper. Follow same instructions in Step 4.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Halve and peel **onion**. Cut halves into 1/4" dice.
- Quarter **mushrooms**.
- Coarsely chop **spinach**.
- Separate **steak strips** into a single layer and pat dry. Season all over with a pinch of **salt** and **pepper**.



2

Start the Risotto

- Place a medium pot over medium-high heat. Add 2 tsp. **olive oil** and **rice** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from small pot to rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add 1/2 cup boiling water and stir often again until nearly all water 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 water left.*
- Remove from burner. Cover and set aside.



3

Caramelize the Onions

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **onions** and a pinch of **salt** and **pepper** to hot pan. Cook undisturbed, stirring every 2 minutes, until softened and browned, 8-10 minutes.
- Stir in 1/4 cup **water** until combined. Transfer to a plate.
- Wipe pan clean and reserve.



4

Cook the Mushrooms and Steak

- Return pan used to cook onions to medium-high heat and add 1 Tbsp. **olive oil**. Add **mushrooms** and a pinch of **salt** to hot pan and cook undisturbed until starting to brown, 3 minutes.
- Stir, and move mushrooms to one side. Add **steak** to other side and cook undisturbed until starting to brown, 3-4 minutes.
- Add **demi-glace**, 1 Tbsp. **water**, and a pinch of **salt** and **pepper**. Bring to a simmer. Once simmering, stir occasionally until sauce is thickened slightly and no pink remains on steak, 1-2 minutes.
- Remove from burner.



5

Finish Risotto and Finish Dish

- Place pot with **risotto** over low heat and add **spinach**, **Parmesan**, half the **onions**, **butter**, and a pinch of **salt**. Stir constantly until cheese melts and spinach wilts slightly, 2-3 minutes.
- Taste, and add remaining onions, if desired. Remove from burner. *If risotto is stiff, add water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **risotto** with **mushroom-steak mixture** and garnishing with **blue cheese** (to taste). Bon appétit!