



In your box

½ tsp. Garlic Salt
5 oz. Peas
2 Tbsp. Basil Pesto
2 oz. Sour Cream
12 oz. Asparagus
1 oz. Grated Parmesan
2 tsp. Mirepoix Base
1 oz. Butter
¾ cup Arborio Rice

Customize It Options

12 oz. Diced Boneless Skinless
Chicken Breasts
10 oz. Ground Beef
8 oz. Shrimp



Green Goddess Risotto

with asparagus and peas

NUTRITION per serving—Calories: 666, Carbohydrates: 75g, Fat: 34g, Protein: 19g, Sodium: 1371mg.
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
30-40 min.

Cook Within
7 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Small Pot, Baking Sheet, Mixing Bowl, Medium Pot

👑 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 **400 degrees**
- Bring 4 cups **water** to a boil in a small pot
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare Ingredients and Make Green Goddess Sauce

- Trim woody ends off **asparagus** and cut into 1" lengths.
- In a mixing bowl, combine **sour cream** and **pesto**. Set aside.
- *Meat lovers! If using **chicken breasts**, pat dry and season all over with a pinch of salt and pepper. Cook in a large non-stick pan over medium-high heat with 2 tsp. olive oil, stirring occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **shrimp**, use same pan and heat as chicken, using 1 tsp. olive oil, and searing 2-3 minutes on side, flip, then cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes. If using **ground beef**, same pan and heat as chicken or shrimp, adding ¼ tsp. salt and a pinch of pepper, breaking up meat with a spoon until no pink remains, 4-6 minutes. We recommend topping cooked risotto with protein.*



2

Roast the Asparagus

- Place **asparagus** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until tender, 10-12 minutes.
- While asparagus roasts, make risotto.



3

Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from small pot and **mirepoix base** to rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.



4

Finish the Risotto

- Add ½ 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.*
- Stir in **peas, cheese, butter**, and **garlic salt**. Stir until combined and peas are warmed through, 1-2 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **asparagus** and **green goddess sauce**. Bon appétit!