



#### In your box

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

#### Customize It Options

10 oz. USDA Choice Sliced Flank Steak  
8 oz. Shrimp  
10 oz. Steak Strips

\*Contains: milk, tree nuts (pistachios), shellfish (shrimp)

#### You will need

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



## Roasted Beet and Goat Cheese Risotto

with pistachios

NUTRITION per serving—Calories: 695, Carbohydrates: 76g, Fat: 34g, Protein: 19g, Sodium: 1210mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

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! If using protein, cook in a large non-stick pan over medium-high heat. If using **steak strips** or **flank steak**, separate into a single layer and pat dry. Season with a pinch of **salt** and **pepper**. Stir occasionally in hot pan with 1 tsp. **olive oil** until no pink remains, 4-6 minutes. If using **shrimp**, pat dry and season with a pinch of salt and pepper. Cook with 1 tsp. olive oil undisturbed in hot pan until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes. Top risotto with proteins.

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 diced beet on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into beets.
- Spread into a single layer and roast in hot oven until tender, 20-25 minutes.
- Wash hands and cutting board after working with beet; it's used as a dye for a reason!
- While beet roasts, 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 water left.
- Remove from burner. Stir in **butter**, **Parmesan**, and ¼ tsp. **salt**. If **beets** are still roasting, cover risotto and set aside.



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### Finish the Dish

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