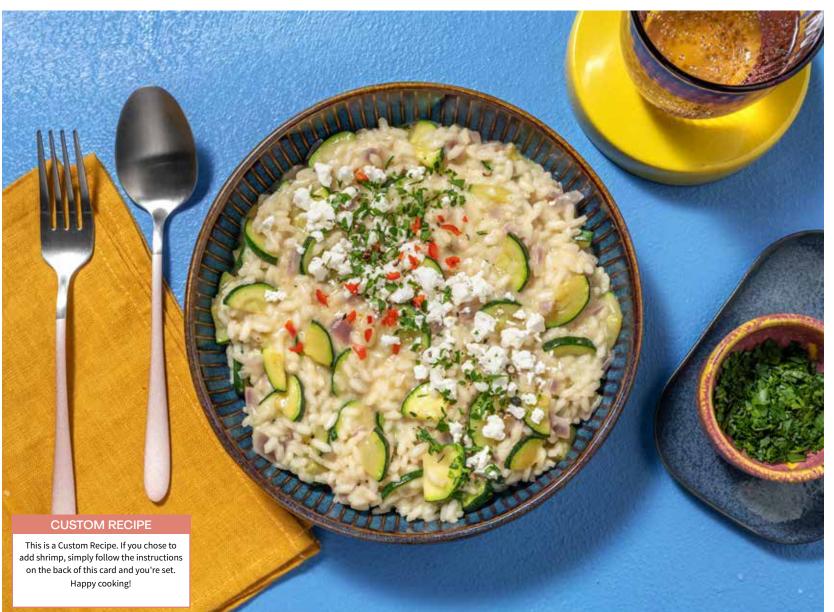


# Quick Zucchini Risotto

with Goat Cheese, Chilis and Parsley

Veggie

Optional Spice 30 Minutes





Quick-Cook Risotto





Goat Cheese



Zucchini

Garlic, cloves



Red Onion





Parsley



Parmesan Cheese, shredded





Powder

White Cooking Wine



Red Chili Pepper

## Start here

Before starting, wash and dry all produce.

#### Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: ½ tsp
  Extra-spicy: 1 tsp

#### **Bust out**

Measuring spoons, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Quick-Cook Risotto	1	2
Shrimp	250 g	500 g
Goat Cheese	56 g	112 g
Zucchini	200 g	400 g
Red Onion	113 g	226 g
Garlic, cloves	3	6
Parsley	7 g	14 g
Parmesan Cheese, shredded	1/4 cup	½ cup
White Cooking Wine	4 tbsp	8 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Red Chili Pepper 🤳	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

### **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

#### Contact

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## Prep

- Without opening the package, massage **risotto rice pouch** with the palm of your hand or use the bottom of a pan to separate grains.
- Quarter **zucchini** lengthwise, then cut into ¼-inch-thick quarter-moons.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate garlic.
- Finely chop **chili**, removing **seeds** for less heat. (**TIP**: We suggest using gloves when prepping chilis!)



#### Finish risotto

- Add **rice**, **stock powder** and **1 cup water** (1 ½ cups for 4 ppl) to the pan. Stir to combine, then bring to a simmer.
- Once simmering, cook, stirring occasionally, until rice is tender and most of the broth is absorbed, 2 min. (TIP: Use the back of a spoon to loosen any remaining clumps of rice.)
- Remove from heat, then stir in zucchini,
  Parmesan and 1 tbsp butter (dbl for 4 ppl).
  Season with salt and pepper, to taste. Stir until Parmesan and butter melt.



#### Cook zucchini

- Heat a large non-stick pan over medium heat.
- When hot, ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.
- Transfer **zucchini** to a plate, then cover to keep warm.

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat. Transfer **shrimp** to another plate, then cover to keep warm. Reuse the same pan to start **risotto** in step 3.



#### Finish and serve

- Meanwhile, roughly chop parsley.
- Divide **risotto** between bowls. Crumble **goat cheese** over top.
- Sprinkle with parsley and any remaining chilis, if desired.

Top bowls of **risotto** with **shrimp** before crumbling **goat cheese** over top.

**Dinner Solved!** 



#### Start risotto

- Add **1 tbsp butter** (dbl for 4 ppl) to the same pan, then swirl the pan until melted, 30 sec.
- Add onions. Season with salt and pepper.
  Cook, stirring occasionally, until tender,
  3-4 min.
- Add garlic and ¼ tsp chilis. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.
- Add cooking wine. Cook, stirring often, until wine is absorbed, 1-2 min.