



SAFFRON RISOTTO

with Broiled Fennel and Zucchini

VEGGIE



HELLO SAFFRON

A spice derived from the "saffron crocus" flower

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 468



Saffron



Vegetable Broth Concentrate



Zucchini



Lemon



Shallot



Garlic



Arborio Rice



Fennel, sliced



Parmesan Cheese, grated



Parsley

BUST OUT

- Medium Pot
- Baking Sheet
- Measuring Cups
- Butter (2 tbsp)
- Zester
- Salt
- Large Pan
- Pepper
- Measuring Spoons
- Olive or Canola oil

INGREDIENTS

2-person

- Saffron 1 pkg (0.1 g)
- Vegetable Broth Concentrate 2
- Zucchini 227 g
- Lemon 1
- Shallot 1
- Garlic 1 pkg (10 g)
- Arborio Rice 1 pkg (170 g)
- Fennel, sliced 1 pkg (170 g)
- Parmesan Cheese, grated 2 1 pkg (28 g)
- Parsley 1 pkg (10 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

Preheat the broiler to **high** (to broil the veggies).

If you run out of broth before the rice is cooked through, add water (½ cup at a time) and continue stirring until it's cooked.



1 PREP

Wash and dry all produce. In a medium pot, combine **4 cups water**, **broth concentrates** and **saffron**. Bring to a gentle simmer over medium-low heat. Slice the **zucchini** into ½-inch rounds. Zest, then cut the **lemon** into wedges. Finely chop the **shallot**. Mince or grate the **garlic**. Roughly chop the **parsley**.



4 BROIL VEGGIES

Meanwhile, toss the **fennel** and **zucchini** on a baking sheet with a drizzle of **oil**. Broil in the centre of the oven, turning the veggies over halfway through cooking, until golden-brown, 6-7 min.



2 COOK SHALLOT

Heat a large pan over medium heat. Add the **butter** and **shallot**. Cook, stirring occasionally, until the shallot softens, 3-4 min.



5 FINISH RISOTTO

If the rice has thickened up, stir in **½ cup water** to return its texture to a rice pudding consistency. Stir the **veggies**, **lemon zest** and **Parmesan** into the risotto. Season with **salt** and **pepper**.



3 START RISOTTO

Add the **rice** and **garlic** to the pan. Stir for 1 min. Add **1 cup broth**. Cook, stirring until all the broth has been absorbed by the rice. Continue adding **1 cup** broth at a time, stirring constantly, until the rice is tender and the risotto looks like the texture of rice pudding, 25-28 min.



6 FINISH AND SERVE

Divide the **risotto** between bowls. Sprinkle with **parsley** and squeeze over a **lemon wedge**.

RELAX!

This is cozy comfort in a bowl.