



TEX MEX RISOTTO

with Corn, Red Bell Pepper and Smoked Cheddar Cheese

VEGGIE

SPICY



HELLO

BROILED PEPPERS

Broiling peppers brings out their natural sweetness and adds a little smoky flavour

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 1028



Arborio Rice



Red Bell Pepper



Garlic



Jalapeño



Cilantro



Vegetable Broth Concentrate



Shallot



Mexican Seasoning



Corn Kernels



Smoked Cheddar Cheese, shredded

BUST OUT

- Baking Sheet
- Medium Pot
- Large Non-Stick Pan
- Garlic Press
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Arborio Rice $\frac{3}{4}$ cup | $1\frac{1}{2}$ cup
- Red Bell Pepper 160 g | 320 g
- Garlic 6 g | 12 g
- Jalapeño 🌶️ 1 | 2
- Cilantro 10 g | 20 g
- Vegetable Broth Concentrate 2 | 4
- Shallot 50 g | 100 g
- Mexican Seasoning 1 tbsp | 2 tbsp
- Corn Kernels $\frac{2}{3}$ cup | $1\frac{1}{3}$ cup
- Smoked Cheddar Cheese, shredded 2 | 4

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the peppers). If you run out of broth before the rice is cooked through, add water ($\frac{1}{2}$ cup at a time) and continue stirring until it's cooked. In Step 3, use this heat guide to determine what spice level you prefer: **1/2 tbsp** mild, **1 tbsp** medium, **1 1/2 tbsp** spicy and **2 tbsp** extra-spicy!



1 PREP

Wash and dry all produce.* In a medium pot, combine **4 1/2 cups water** (5 1/2 cups for 4 ppl) and **broth concentrates**. Cover and bring to a gentle boil over medium heat. Meanwhile, peel, then mince or grate the **garlic**. Roughly chop the **cilantro**. Peel and finely chop the **shallots** into 1/4-inch pieces. Finely chop the **jalapeño**, removing the seeds for less heat. (**NOTE:** Wear kitchen gloves when prepping the jalapeño, if desired!)



4 COOK RISOTTO

Add **1 cup broth** to the **rice**. Cook, stirring regularly, until the **broth** has been absorbed by the **rice**. Continue adding the **broth, 1 cup** at a time, stirring constantly after each addition until the **broth** is absorbed.



2 BROIL PEPPERS

Core, then slice the **bell pepper(s)** into 1/4-inch slices. On a baking sheet, toss the **peppers** with **half the Mexican seasoning** and **1/2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Broil in the middle of the oven, stirring halfway through cooking, until golden-brown, 8-10 min.



5 FINISH RISOTTO

After the last cup of **broth** has been stirred in and absorbed, the **rice** should be tender and the texture should be creamy. (The entire process should take 28-30 min.) Stir in the **broiled peppers, corn, cheese** and **half the cilantro**. Stir until heated through, 2-3 min. Season with **salt** and **pepper**.



3 START RISOTTO

Meanwhile, heat a large non-stick pan over medium heat. Add **1 tbsp oil** (dbl for 4 ppl), then the **shallots**. Cook, stirring occasionally, until softened, 1-2 min. Add the **rice, garlic, 2 tbsp jalapeño** and **remaining Mexican seasoning**. Stir to toast the **rice** slightly, 1 min. (**NOTE:** Reference the heat guide in the Start Strong.)



6 FINISH AND SERVE

Divide the **risotto** between plates. Sprinkle with the **remaining cilantro**.

SAY CHEESE!

Adding cheese to the risotto adds even more creaminess to the dish.