

## **Spring Asparagus and Shrimp Risotto**

with Meyer Lemon

This risotto is dressed to impress! We're folding nutty Parmesan, sautéed asparagus, and juicy shrimp into this creamy dish. This dinner may be simple, but it's elegant enough for any dinner party.



45 min



level 3



free





make me





Shrimp



Arborio Rice



Asparagus



Yellow Onion



Garlic



Parmesan Cheese





Vegetable Stock *Concentrate* 

Meyer Lemon

*Not Included	. <u>=</u> _
Allergens	
1) Shellfish	- 12 
2) Milk	
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Small Pot, Large Pan, Slotted Spoon, Medium Pan. Zester

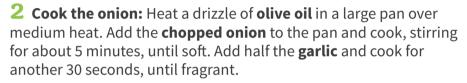
Ingredients		2 People	4 People
Shrimp	1)	8 oz	16 oz
Arborio Rice		3/4 C	1 ½ c
Asparagus		6 oz	12 oz
Yellow Onion		1	1
Garlic		2 cloves	4 cloves
Parmesan Cheese	2)	1/4 C	1/2 C
Vegetable Stock Concentrate		1	2
Meyer Lemon		1	2
Butter*	2)	1 T	2 T
Olive Oil*		2 t	4 t

Nutrition per person Calories: 533 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 29 g | Carbs: 71 g | Sugar: 5 g | Sodium: 989 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Bring 4 cups water and the stock concentrate to a simmer in a small pot over low heat. Remove the shrimp from the fridge and bring to room temperature. Trim and discard the bottom inch from the asparagus, then cut into 1-inch pieces. Halve, peel, and finely chop half the onion. Finely chop the garlic. Zest, then halve the Meyer lemon.





- **3 Blanch the asparagus:** While the **onions** cook, drop the **asparagus** into the simmering **stock** for 1 minute, until bright green. Remove with a slotted spoon and rinse under cold water.
- 4 Cook the rice: Stir the arborio rice into the onion mixture and stir to coat the rice. HINT: If you happen to have some white wine handy, this would be a great time to add a splash! Just let it bubble until nearly evaporated.



**5** Add the stock: Begin adding the hot stock to the pan in ½ cup increments, stirring between each addition, until the liquid is absorbed. Continue until the rice is all dente and a loose sauce has formed, approximately 25-30 minutes.





- **7** Finish and plate: When the risotto is tender, stir in the shrimp, asparagus, a pinch of lemon zest, half the Parmesan cheese, and the butter. Season with salt, pepper, and a squeeze of lemon.
- Sprinkle the **risotto** with the remaining **Parmesan cheese** and enjoy!