



LEMONY CHARRED PEA & ASPARAGUS RISOTTO

with Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Asparagus



¾ Cup | 1½ Cups
Arborio Rice



4 oz | 8 oz
Peas



1 | 2
Lemon



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



2 | 4
Veggie Stock
Concentrates



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



¼ oz | ½ oz
Parsley



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10 oz | 20 oz
Chicken Cutlets

Calories: 810



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 970



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 620



HELLO FRESH

HELLO

ARBORIO RICE

Short-grain arborio has starches that make risotto luscious.

STIR IT UP

Risotto needs a little TLC to become creamy and tender. Keep stirring as it simmers, adding stock in intervals.

BUST OUT

- Medium pot
- Zester
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk
- Small bowl
- Baking sheet
- Paper towels

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*Chicken is fully cooked when internal temperature reaches 165°.
*Salmon is fully cooked when internal temperature reaches 145°.



1 HEAT WATER & PREP

- Adjust rack to top position and preheat oven to 425 degrees.
- In a medium pot, combine **5 cups water** (use a large pot and 8 cups water for 4 servings) and a **pinch of salt**. Bring to a boil, then reduce heat to low.
- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Trim and discard woody bottom ends from **asparagus**; cut crosswise into 1-inch pieces. Zest and quarter **lemon**. Finely chop **parsley**.



4 ROAST ASPARAGUS

- Once risotto has cooked 10 minutes, toss **asparagus** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast asparagus on top rack until tender and lightly browned, 8-10 minutes.



2 CHAR PEAS

- Heat a **drizzle of oil** in a large pan over high heat. Add **peas** and cook, stirring constantly, until lightly charred and tender, 2-4 minutes. Remove from heat; transfer peas to a small bowl. Wipe out pan.
- Pat **chicken*** or **salmon*** dry with paper towels; season with **salt and pepper**. Heat a **drizzle of oil** in pan used for peas over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side; or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Turn off heat; transfer to a cutting board to rest. Wipe out pan.



5 FINISH RISOTTO

- Once **risotto** is al dente, reduce heat to low. Stir in **half the peas, half the asparagus, half the lemon zest, juice from half the lemon, and ¼ cup plain water** (½ cup for 4 servings) until combined.
- Stir in **half the scallion greens, half the parsley, half the Parmesan, and 2 TBSP butter** (4 TBSP for 4) until combined and butter is melted. Season generously with **salt and pepper**. **TIP: The risotto should be a little loose and saucy right before serving; it will thicken as it cools, so add more water if necessary.**



3 START RISOTTO

- Heat a **large drizzle of olive oil** in same pan over medium heat. Add **scallion whites, garlic, and rice**. Cook, stirring, until scallion whites and garlic are fragrant and rice is translucent, 1-2 minutes.
- Add **1 cup warm water and stock concentrates**; stir until liquid has mostly absorbed. Repeat with remaining warm water—adding ½ cup at a time and stirring until liquid has absorbed—until rice is al dente and risotto is creamy, 18-20 minutes. **TIP: Depending on the size of your pan, you may need a little more or a little less liquid; try adding pinches of salt throughout the cooking process to make sure the risotto is well-seasoned at the end.**



6 SERVE

- Divide **risotto** between bowls. Top with **remaining peas, asparagus, lemon zest, scallion greens, parsley, and Parmesan**. Serve with **remaining lemon wedges** on the side.
- Thinly slice **chicken** against the grain.
- Place chicken or **salmon** atop **risotto**.