



LEMONY SHRIMP RISOTTO

with Roasted Zucchini

PREP: 10 MIN
TOTAL: 45 MIN

LEVEL 3

NUT FREE

GLUTEN FREE

MAKE FIRST



HELLO

CRISPY ZUCCHINI

Oven-roasted to perfection

INGREDIENTS:

- Chicken Stock Concentrate
- Onion
- Zucchini
- Garlic
- Lemon
- Arborio Rice
- Thyme
- Shrimp (Contains: Shellfish)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- 1
- 2 Cloves
- 1
- ¾ Cup
- ¼ oz
- 10 oz
- ¼ Cup

FOR 4 PEOPLE:

- 2
- 1
- 2
- 4 Cloves
- 1
- 1½ Cup
- ¼ oz
- 20 oz
- ½ Cup

NUTRITION PER SERVING

569 cal | Fat: 16 g | Sat. Fat: 8 g | Protein: 37 g | Carbs: 73 g | Sugar: 7 g | Sodium: 765 mg | Fiber: 7 g

START STRONG

Toasting rice in the pan before simmering improves its texture and flavor. You'll know it's ready for the stock when the grains are nearly see-through and give off a nutty aroma.



BUST OUT

- Small pot
- Baking sheet
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Zester
- Large pan



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 degrees. In a small pot, bring **stock concentrate** and **4 cups water** to a simmer over low heat. Halve, peel, and finely dice **onion**. Cut **zucchini** into ½-inch cubes. Mince or grate **garlic**. Zest and halve **lemon**.

2 ROAST ZUCCHINI

Toss **zucchini** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until lightly browned, about 20 minutes, tossing halfway through.

3 START RISOTTO

Meanwhile, heat **1 TBSP butter** in a large pan over medium heat. Add **onion** and **garlic** and cook until softened, 5-6 minutes, tossing occasionally. Season with **salt** and **pepper**. Add **rice** and toss until grains are translucent, 1-2 minutes. Add entire bunch of **thyme** to pan.



4 SIMMER RICE

Add **stock** to pan ¼ cup at a time, stirring after each addition. Allow **rice** to absorb stock before adding more. Continue until rice is nearly al dente, about 25 minutes—risotto should be thick but not stiff and grains should have a little bite to them. Discard **thyme stems** (some leaves will have fallen off).

5 COOK SHRIMP

Stir in **shrimp** and **Parmesan cheese**. Cook until shrimp is completely opaque, 4-5 minutes. Stir in ½ **tsp lemon zest** and a squeeze of **lemon**. Season with **salt** and **pepper**.

6 SERVE

Divide **risotto** between bowls and top with a mound of **zucchini**.

DELISH!

Cozy comfort in a bowl.

