



# ZUCCHINI & SUN-DRIED TOMATO RISOTTO

with Grape Tomatoes & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Shallot



2 Cloves | 4 Cloves  
Garlic



4 oz | 8 oz  
Grape Tomatoes



1 | 2  
Zucchini



1.5 oz | 3 oz  
Sun-Dried  
Tomatoes



1 TBSP | 1 TBSP  
Tuscan Heat  
Spice



3/4 Cup | 1 1/2 Cups  
Arborio Rice



2 | 4  
Veggie Stock  
Concentrates



4 oz | 8 oz  
Cream Sauce  
Base  
Contains: Milk



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 870



10 oz | 20 oz  
Organic Chicken  
Cutlets

Calories: 870



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 690



HELLO





## SUN-DRIED TOMATOES

These sun-kissed beauties are bursting with rich, tangy flavor.

## CHECK ON IT

Risotto needs a little TLC to become creamy and tender. Don't forget to stir and gradually add hot water while it simmers.

## BUST OUT

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

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## 1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees.
- In a medium pot, bring **5 cups water (8 cups for 4 servings)** to a boil, then reduce to a low simmer. (You'll use the hot water in Step 4.)
- **Wash and dry produce.** Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Halve **grape tomatoes** lengthwise. Halve, peel, and finely dice **shallot**. Peel and mince or grate **garlic**. Finely chop **sun-dried tomatoes**.




## 4 COOK RISOTTO

- Add **1 cup hot water** and **stock concentrates** to pan with **rice mixture**. Cook, stirring, until liquid has mostly absorbed. Repeat with remaining water—adding ½ cup at a time and stirring until liquid has absorbed—until rice is al dente and mixture is creamy, 25-30 minutes. **TIP: Depending on the size of your pan, you may need a little more or a little less water.**
- Reduce heat to medium low. Stir in **cream sauce base** and **½ tsp Tuscan Heat Spice (1 tsp for 4 servings)**. Cook, stirring occasionally, until risotto has thickened and cream sauce has absorbed, 2-4 minutes. Season generously with **salt** and **pepper**.



## 2 ROAST VEGGIES

- Toss **zucchini** and **grape tomatoes** on a baking sheet with a **drizzle of oil**, **½ tsp Tuscan Heat Spice (1 tsp for 4 servings)**, **salt**, and **pepper**. (You'll use more Tuscan Heat Spice later.) Roast on middle rack, tossing halfway through, until lightly browned and tender, 14-16 minutes.
-  Pat **chicken\*** or **organic chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.





## 5 FINISH RISOTTO

- Once **risotto** is done, remove from heat; stir in **half the Parmesan** and **1 TBSP butter (2 TBSP for 4 servings)** until melted and combined. Taste and season with **salt** and **pepper**.
- Stir in **half the zucchini and grape tomatoes**. Taste and season with **salt** and **pepper** if desired.





## 3 START RISOTTO


- While veggies roast, heat a **drizzle of oil** in a large pan over medium heat. Add **shallot** and cook until lightly browned and slightly softened, 3-4 minutes.
- Add **rice**, **garlic**, and **sun-dried tomatoes**; cook, stirring often, until rice is translucent and garlic is fragrant, 1-2 minutes. Season with **salt** and **pepper**.

-  Use pan used for chicken here.
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## 6 SERVE

- Divide **risotto** between plates. Top with **remaining zucchini and grape tomatoes**. Sprinkle with **remaining Parmesan** and serve.
-  Thinly slice **chicken** or **organic chicken**
-  crosswise. Serve atop **risotto**.

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