



Cooking Made Easy

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Spring Asparagus & Shrimp Risotto with Meyer Lemon



The Meyer lemon is a hybrid citrus fruit – taking both the refreshing and tangy character of the lemon, and the sweet flavor of an orange. It's the perfect match for the Spring flavors in this risotto!



45 min



level 1



eat me first



gluten free



nut free



Shrimp



Arborio Rice



Asparagus



Parmesan Cheese



Onion



Stock Concentrate



Garlic



Parsley



Meyer Lemon

| Ingredients | | 2 People | 4 People |
|-------------------|----|----------|-----------|
| Shrimp | 1) | 10 oz | 20 oz |
| Arborio Rice | | ¾ C | 1 ½ C |
| Meyer Lemon | | 1 | 2 |
| Asparagus | | 1 bunch | 2 bunches |
| Stock Concentrate | | 1 | 2 |
| Onion | | 1 | 2 |
| Garlic | | 2 cloves | 4 cloves |
| Parmesan Cheese | 2) | ¼ C | ½ C |
| Parsley | | 1 bunch | 2 bunches |
| Butter* | 2) | 1 T | 2 T |
| Olive Oil* | | 2 T | 4 T |

*Not Included

Allergens

- 1) Shellfish
- 2) Milk

Tools

Small Pot, Large Pan, Slotted Spoon, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 663 cal | Carbs: 85 g | Fat: 26 g | Protein: 46 g | Fiber: 7 g



1 In a small pot, bring 4 cups water to a simmer with the **stock concentrate** over medium-low heat. Trim and discard the bottom 1 inch of the **asparagus**, then cut into 1-inch pieces. Halve, peel, and finely chop the **onion**. Finely mince or grate the **garlic**. Finely chop the **parsley**. Zest and halve the **Meyer lemon**.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, stirring, for 5 minutes, until softened. Add **half the garlic** and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**.



3 Add the **Arborio rice** to the onion mixture and stir to coat.
HINT: If you have some **white wine** handy, this would be a great time to add a splash! Just let it bubble until nearly evaporated. Otherwise, begin adding the **stock** to the pan, ½ cup at a time, stirring between each addition, until liquid is absorbed. Continue adding stock by the ½-cupfull until the rice is tender with some bite to it, about 30 minutes.

4 In between additions, heat 1 tablespoon **olive oil** in a another medium pan over medium heat. Add the **asparagus** and cook, tossing, for about 3 minutes. Add the **shrimp** and **remaining garlic** and cook, tossing, until shrimp is just pink and asparagus is crisp-tender. Season with **salt** and **pepper** and set aside.

5 When the risotto is al dente, stir in the **shrimp**, **asparagus**, 1 tablespoon **butter**, the **lemon zest**, **half the parsley**, and **half the Parmesan**. Season with **salt** and **pepper** and a squeeze of **Meyer lemon**.

6 Sprinkle the **risotto** with the **remaining Parmesan** and **parsley** and enjoy!