



Cooking Made Easy

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Creamy Pea & Asparagus Risotto

with Goat Cheese, Walnuts & Mint



Toothsome Arborio rice is risotto's secret weapon – its starches help create a decadent sauce without a drop of cream. Of course, it doesn't hurt to add a little creamy goat cheese to the mix. Tender asparagus, bright mint, and sweet peas bring us Spring on a plate.



45 min



level 2



gluten free



veggie



Arborio Rice



Walnuts



Asparagus



Goat Cheese



Garlic



Stock Concentrate



Onion



Peas



Mint

Ingredients	2 People	4 People
Arborio Rice	¾ C	1 ½ C
Asparagus	1 bunch	2 bunches
Peas	4 oz	8 oz
Walnuts	1) 1 oz	2 oz
Stock Concentrate	2	4t
Garlic	2 cloves	4 cloves
Onion	1	2
Mint	1 sprig	2 sprigs
Goat Cheese	2) 2 oz	4 oz
Butter*	2) 1 T	2 T

*Not Included

Allergens

- 1) Nuts
- 2) Milk

Tools

Medium Pot, Medium Pan, Slotted Spoon

Ruler

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Nutrition per person Calories: 562 cal | Carbs: 81 g | Fat: 21 g | Protein: 19 g | Fiber: 8 g



1 Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Trim and discard the bottom inch of the **asparagus**, then cut into 2-inch pieces. Finely chop the **mint**. Coarsely chop the **walnuts**.



2 In a medium pot, bring 4 cups of **water** to a boil with the **stock concentrates**. Once boiling, add the **asparagus** into the stock for about 1 minute. Remove with a slotted spoon and set aside. Keep the stock on low heat to keep warm.



3 Heat 1 tablespoon **butter** in a medium pan over medium heat. Add the **onion** and **garlic** and cook for 5 minutes, until softened. Season with **salt** and **pepper**.



4 Once the onions are softened, add the **Arborio rice** and cook, stirring, for about 2 minutes, until translucent. Begin adding the **stock** ¼ cup at a time, stirring after each addition, until absorbed.



5 Once the risotto is almost done, add the **asparagus**, **peas**, **half the goat cheese**, and **half the mint**. Continue cooking until rice is soft but still has a bit of bite to it, 30-40 minutes total.



6 Serve the **risotto**. Garnish with **chopped walnuts**, **remaining goat cheese**, and a sprinkle of **remaining mint**. Enjoy!