



# Quick Zucchini Risotto

with Goat Cheese, Chilis and Parsley

Veggie

Optional Spice

30 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!

-  Quick-Cook Risotto
-  Shrimp
-  Goat Cheese
-  Zucchini
-  Red Onion
-  Garlic, cloves
-  Parsley
-  Parmesan Cheese, shredded
-  White Cooking Wine
-  Vegetable Stock Powder
-  Red Chili Pepper

HELLO ZUCCHINI

*This versatile squash also goes by the name courgette!*

# Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

Measuring spoons, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Quick-Cook Risotto	1	2
Shrimp	250 g	500 g
Goat Cheese	56 g	112 g
Zucchini	200 g	400 g
Red Onion	113 g	226 g
Garlic, cloves	3	6
Parsley	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
White Cooking Wine	4 tbsp	8 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Red Chili Pepper 🌶️	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## 1 Prep

- Without opening the package, massage **risotto rice pouch** with the palm of your hand or use the bottom of a pan to separate grains.
- Quarter **zucchini** lengthwise, then cut into ¼-inch-thick quarter-moons.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Finely chop **chili**, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



## 4 Finish risotto

- Add **rice, stock powder** and **1 cup water** (1 ½ cups for 4 ppl) to the pan. Stir to combine, then bring to a simmer.
- Once simmering, cook, stirring occasionally, until **rice** is tender and **most of the broth** is absorbed, 2 min. (**TIP:** Use the back of a spoon to loosen any remaining clumps of rice.)
- Remove from heat, then stir in **zucchini, Parmesan** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**, to taste. Stir until **Parmesan** and **butter** melt.



## 2 Cook zucchini

- Heat a large non-stick pan over medium heat.
- When hot, **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.
- Transfer **zucchini** to a plate, then cover to keep warm.

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat. Transfer **shrimp** to another plate, then cover to keep warm. Reuse the same pan to start **risotto** in step 3.



## 5 Finish and serve

- Meanwhile, roughly chop **parsley**.
- Divide **risotto** between bowls. Crumble **goat cheese** over top.
- Sprinkle with **parsley** and **any remaining chilis**, if desired.

Top bowls of **risotto** with **shrimp** before crumbling **goat cheese** over top.

## Dinner Solved!