



APR
2017

Spring Veggie Risotto

with Asparagus, Spinach and Peas

Spring is in the air! We're looking forward to warmer months with classic early-spring ingredients like asparagus and sweet peas! A sprinkle of Parmesan is a luscious way to finish off this green-hued risotto.



Arborio Rice



Green Peas



Baby Spinach



Asparagus



Onion



Garlic



Vegetable Broth Concentrate



Parmesan Cheese

Ingredients

Arborio Rice		1 pkg (170 g)	
Green Peas		1 pkg (113 g)	
Baby Spinach		2 pkg (113 g)	
Asparagus		1 pkg (170 g)	
Onion, chopped		1 pkg (56 g)	
Garlic		1 pkg (10 g)	
Vegetable Broth Concentrate		2 pkg	
Parmesan Cheese, shredded	1)	1 pkg (½ cup)	
Butter*	1)	2 tbsp	
Olive or Canola Oil*			

2 People

*Not Included

Allergens

1) Milk/Lait

Tools

Medium Pot, Measuring Cups, Large Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 653 cal | Fat: 22 g | Protein: 27 g | Carbs: 88 g | Fibre: 8 g | Sodium: 747 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat your broiler to high (to broil the asparagus).

2 Prep: Wash and dry all produce. In a medium pot, bring **3½ cups water** and the **broth concentrates** to a boil over high heat. Mince or grate the **garlic**.

3



3 Cook the onion: Heat a large pan over medium heat. Add the **butter** and cook until the butter becomes foamy, smells nutty and turns golden-brown, 2-4 min. (**TIP:** Watch it closely so it doesn't burn!) Add the **onion** and **garlic**. Cook, stirring occasionally, until onion softens, 3-4 min.

4 Make the risotto: Add the **rice** to the pan. Toast, stirring often, for 3-4 min. Add **⅔ cup vegetable broth**. Cook, stirring until most of the broth is absorbed by the rice. Continue adding the broth, **⅔ cup** at a time, stirring in-between until most of the broth is absorbed by the rice, until the rice is tender and the risotto is slightly thickened, 25-28 min. Stir in the **peas, spinach** and **half the Parmesan**. Season with **salt** and **pepper**.

4



5 Broil the asparagus: Meanwhile, toss the **asparagus** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, stirring halfway through cooking, until golden-brown and tender, 4-5 min.

6 Finish and serve: Divide the **risotto** and **asparagus** between bowls. Sprinkle with **remaining Parmesan**. Enjoy!

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