



TUSCAN ROASTED ZUCCHINI & MUSHROOM RISOTTO

with Scallions, Garlic & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Button Mushrooms



1 | 2
Zucchini



4 | 8
Scallions



2 Cloves | 4 Cloves
Garlic



¼ oz | ½ oz
Parsley



1 TBSP | 1 TBSP
Tuscan Heat
Spice



¾ Cup | 1½ Cups
Arborio Rice



2 | 4
Veggie Stock
Concentrates



5 tsp | 5 tsp
White Wine
Vinegar



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



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HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 640



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 640



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 460



HELLO









ARBORIO RICE

This short-grain rice's high starch content makes it perfect for creamy risotto.

STIR IT UP

Risotto needs a little TLC to become creamy and tender. Stir often (but not constantly) as it simmers, adding stock in intervals once the liquid has absorbed.

BUST OUT

- Medium pot
- Paper towels  
- Baking sheet
- Aluminum foil  
- Large pan (or 2 large pans)  
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  

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1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Bring 5 cups water (9 cups for 4) to a simmer in a medium pot. Wash and dry produce.
- Thinly slice mushrooms (skip if your mushrooms are pre-sliced!). Trim and quarter zucchini lengthwise; cut crosswise into ½-inch-thick pieces. Thinly slice scallions, separating whites from greens; mince whites. Peel and mince or grate garlic. Roughly chop parsley.



3 COOK RISOTTO

- While veggies roast, heat a drizzle of oil in a large pan over medium heat. Add scallion whites and garlic. Cook, stirring, until fragrant, 1 minute.
- Add rice; stir until translucent, 1-2 minutes. Add 1 cup simmering water, stock concentrates, and 2 tsp vinegar (4 tsp for 4 servings); stir until liquid has mostly absorbed. (Be sure to measure the vinegar—we sent more.) Repeat with remaining simmering water—adding ½ cup at a time and stirring until liquid has mostly absorbed—until rice is al dente and mixture is creamy, 25-30 minutes. (Depending on the size of your pan, you may need a little more or a little less liquid for the risotto. If you prefer your risotto a little more al dente, cook for less time).

- Meanwhile, pat chicken* or organic chicken* dry with paper towels and season all over with salt and pepper. Heat a drizzle of oil in a separate large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board; tent with foil until ready to serve.






2 ROAST VEGGIES

- Toss mushrooms and zucchini on a baking sheet with a drizzle of oil, half the Tuscan Heat Spice (all for 4 servings), salt, and pepper.
- Roast on top rack until browned and tender, 15-20 minutes. (For 4, divide between 2 sheets; roast on top and middle racks, swapping rack positions halfway through roasting.)



4 FINISH & SERVE

- Remove pan from heat and stir in cream cheese, half the roasted veggies, half the scallion greens, and half the parsley. Taste and season with salt and pepper.
 - Divide risotto between shallow bowls. Top with remaining roasted veggies, remaining scallion greens, and remaining parsley. TIP: For an extra-savory flavor, drizzle olive oil over the top!
-  Slice chicken or organic chicken crosswise. Top risotto with  chicken along with remaining roasted veggies.

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