



Cooking Made Easy

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## Caramelized Shallot Risotto with Lemony Zucchini Ribbons



Balsamic-roasted shallots are folded into a creamy risotto for a truly luscious meal. We've added gorgeous zucchini ribbons for color and a bright squeeze of lemon. Now, cancel that reservation and serve this on Valentine's Day instead!

30 min

level 1

veggie

gluten-free



Arborio Rice



Shallot



Zucchini



Lemon



Garlic



Parmesan Cheese



Balsamic Vinegar



Stock Concentrate

## Ingredients

	2 Person	4 Person
Arborio Rice	¾ C	1 ½ C
Shallot	3	6
Zucchini	1	2
Lemon	1	2
Garlic	2 cloves	4 cloves
Parmesan Cheese	7) ¼ C	½ C
Balsamic Vinegar	2 T	4 T
Stock Concentrate	1	2
Butter*	7) 1 T	2 T
Olive Oil*	2 T	4 T

\*Not included

## Allergens

7) Milk

**Nutrition per person** Calories: 610 | Carbs: 97 g | Fat: 26 g | Protein: 20 g | Fiber: 8 g

1



**1** Preheat oven to 400 degrees. Quarter the **shallots** and place them on a piece of foil. Lift the foil sides and crimp to make a bowl. Add the **balsamic vinegar, salt, pepper**, and 1 tablespoon **olive oil**. Roast for about 15 minutes, until cooked through and caramelized.

**2** Meanwhile, bring 4 cups of **water** to a boil in a small pot with the **stock concentrate**. Once boiling, reduce the heat to the lowest setting to keep warm.

3



**3** In the meantime, cut the ends off of the **zucchini** and with a peeler, shave the zucchini into ribbons, rotating the zucchini when you get to the seedy core, then finely chop the **core**. Mince the **garlic**. Halve the **lemon**.

**4** Heat 1 tablespoon **butter** in a tall-sided pan over medium heat. Add the **garlic** and **zucchini core** and season with **salt** and **pepper**. Cook for about 3 minutes. Add the **rice** and cook, stir for a minute or two, until translucent.

5



**5** Start adding the **stock** to the **rice** ½ cup at a time, stirring after each addition until rice has absorbed the liquid. Continue doing so until the rice is tender, creamy, and slightly firm in the center, about 20 minutes.

**6** While the risotto cooks, heat 1 tablespoon **olive oil** in a pan over medium heat. Add the **zucchini ribbons** to the pan and season with **salt** and **pepper**. Cook, tossing, for about 5 minutes, until zucchini is cooked through. Finish with a squeeze of **lemon juice**.

6



**7** When the **shallots** are cooked through, stir them into the risotto with the **parmesan cheese**. Serve the **shallot risotto** with the **zucchini ribbons** on top!

**Tip:** What's with all the stirring? Stirring helps to release the starches in the rice, which give risotto its creamy texture. Make sure to taste the risotto for doneness; the last thing you want is a mushy risotto!