



More than Food

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Tex-Mex Risotto

with Sweet Corn, Blackened Bell Pepper, and Monterey Jack

For a unique take on Italian risotto, we're mixing in smoky cumin, sweet corn, and spicy jalapeño for a Southwestern flavor profile. Roasting red bell peppers over an open flame might sound intimidating, but it's a surprisingly fun and simple technique. You may never turn to the jarred ones again.



Arborio Rice



Cumin



Cilantro



Garlic



Shallot



Jalapeño



Corn on the Cob



Red Bell Pepper



Monterey Jack Cheese



Vegetable Stock Concentrate

Ingredients

	2 People	4 People
Arborio Rice	¾ C	1½ C
Cumin	1 t	2 t
Cilantro	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Shallot	1	2
Jalapeño	1	2
Corn on the Cob	1	2
Red Bell Pepper	1	2
Monterey Jack Cheese 1)	½ C	1 C
Vegetable Stock Concentrate	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Dairy

Tools

Large Pan, Large Bowl,
Medium Pot, Tongs

Ruler

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Nutrition per person Calories: 517 cal | Carbs: 79 g | Fat: 16 g | Protein: 16 g | Fiber: 6 g | Sodium: 377 mg



1 Mince or grate the **garlic**. Halve, peel, and mince the **shallot**. Finely chop the **jalapeño**, removing the ribs and seeds if you prefer less heat. Cut the **corn** kernels off the cob. Chop the **cilantro**.



2 **Roast the red bell pepper:** heat a burner to high. Place the **red bell pepper** over the burner's open flame (or under the broiler if you do not have a gas stove), rotating with tongs, until completely blackened on all sides. Set the red bell pepper in a large bowl, then cover with plastic wrap to let steam.



3 Meanwhile, bring the **stock concentrate** and **3 cups water** to a simmer in a medium pot.

4 Heat **1 Tablespoon oil** in a large pan over medium heat. Add the **garlic, shallot,** and **jalapeño** to the pan. Cook, tossing, 4-5 minutes, until softened. Season with **salt** and **pepper**.



5 Add the **rice** to the pan and cook an additional 1-2 minutes, until the rice is translucent.

6 Reduce heat to medium-low and add the **stock** to the **rice** mixture in ¼ cup increments, stirring often, until absorbed. Continue adding the stock in ¼ cup increments, stirring often, until rice is al dente, about 25 minutes. Season with **salt** and **pepper**.

7 In between stirring, scrape off and discard the charred black skin from the roasted **red bell pepper**. Do not rinse the pepper. Halve, core, and thinly slice the roasted red bell pepper.

8 Once the **rice** is al dente, stir the **red bell pepper, corn, Monterey Jack,** and **half of the cilantro** into the pan. Season with **salt** and **pepper**.

9 Serve the **risotto** sprinkled with the **remaining cilantro** and enjoy!