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Shrimp & Lemon Risotto

with Roasted Zucchini & Parmesan

This simple and elegant meal is perfect for a special occasion. Shrimp are tossed into a creamy risotto with a touch of lemon zest and Parmesan for kick. Perfectly roasted zucchini and butter make for a beautiful and delicious finish.



45 min



level 3



nut free



gluten free



Shrimp



Arborio Rice



Parmesan Cheese



Chicken Stock Concentrate



Onion



Garlic



Zucchini



Thyme



Lemon

Ingredients

Shrimp	1)	20 oz
Arborio Rice		1 ½ c
Parmesan Cheese	2)	½ c
Chicken Stock Concentrates		2
Onion		1
Garlic		4 cloves
Zucchini		2
Thyme		¼ oz
Lemon		1
Butter*	2)	2 T
Oil*		2 t

4 People

*Not Included

Allergens

1) Shellfish

2) Milk

Tools

Large Pan, Small Pot,
Medium Pan, Baking Sheet,
Zester

Ruler

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Nutrition per person Calories: 569 cal | Fat: 15 g | Sat. Fat: 7 g | Protein: 43 g | Carbs: 65 g | Sugar: 4 g | Sodium: 859 mg | Fiber: 3 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. In a small pot, bring the **stock concentrates** and **8 cups water** to a simmer over low heat. Halve, peel, and finely dice the **onion**. Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**. Zest and halve the **lemon**.



2 Roast the zucchini: Toss the **zucchini** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through cooking, until golden brown.



3 Start the risotto: Meanwhile, heat **2 Tablespoon butter** in a large pan over medium heat. Add the **onion** and **garlic** and cook, tossing, for 5-6 minutes, until softened. Season with **salt** and **pepper**. Add the **Arborio rice** to the pan and cook, tossing, for another 1-2 minutes, until translucent. Add the entire bunch of **thyme** to the pan.

4 Begin adding the **stock** to the pan, **¼ cup** at a time, until absorbed, stirring after each addition. Continue until the **rice** is al dente, 25-30 minutes. Season with **salt** and **pepper**. The sauce should be thick but fairly loose. Discard the **thyme stems**.

HINT: Some of the thyme leaves should fall off into the risotto while it infuses.



5 Finish the risotto: Once the **risotto** is al dente, stir in the **shrimp** and **Parmesan**. Stir for 1-2 minutes, until the shrimp are opaque. Stir in **1 teaspoon lemon zest** and a squeeze of **lemon**. Taste and season with **salt** and **pepper**.

6 Plate: Serve the **risotto** topped with a mound of **zucchini** and enjoy!