



MAY
2016

Caramelized Shallot Risotto

with Zucchini Ribbons and Parmesan

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



Prep: 10 min
Total: 45 min



level 2



veggie



nut free



gluten
free



Arborio Rice



Shallots



Zucchini



Lemon



Garlic



Parmesan Cheese



Balsamic Vinegar



Vegetable Stock
Concentrates

Ingredients	2 People	4 People
Arborio Rice	¾ Cup	1 ½ Cups
Shallots	3	6
Zucchini	1	2
Lemon	1	2
Garlic	2 Cloves	4 Cloves
Parmesan Cheese	1) ¼ Cup	½ Cup
Balsamic Vinegar	2 T	4 T
Vegetable Stock Concentrates	2	4
Butter*	1) 1 T	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

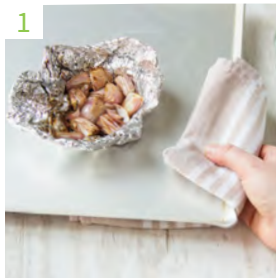
Tools

Foil, Baking sheet, Small pot, Peeler, Large tall-sided pan, Large pan

Ruler

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Nutrition per person Calories: 514 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 16 g | Carbs: 84 g | Sugar: 13 g | Sodium: 598 mg | Fiber: 9 g



1 Roast the shallots: Preheat the oven to 400 degrees. Peel and quarter the **shallots**, then place them on a large piece of foil. Lift the foil sides and crimp to make a bowl. Add the **balsamic vinegar**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place onto a baking sheet and roast for 15-20 minutes, until soft and caramelized.



2 Prep: Wash and dry all produce. Bring **3 cups water** and the **stock concentrates** to a low simmer in a small pot. Using a vegetable peeler, shave the **zucchini** into ribbons lengthwise, rotating the zucchini when you get to the seedy core. Finely chop the **core**. Mince or grate the **garlic**. Halve the **lemon**.



3 Start the risotto: Heat **1 Tablespoon butter** in a large, tall-sided pan over medium heat. Add the **garlic** and **zucchini core** to the pan. Cook, tossing for 3 minutes, until softened. Add the **rice** and cook, tossing for 1-2 minutes, until translucent.



4 Add the warm stock: Start adding the **warm stock** to the pan in ¼ cup increments. Stir after each addition until the liquid is absorbed. Continue until the **rice** is al dente and a creamy sauce has formed, for about 25 minutes. Season to taste with **salt** and **pepper**.

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

6 Finish and serve: Stir the **caramelized shallots** into the **risotto** along with the **parmesan cheese**. Season to taste with **salt** and **pepper**. Serve topped with the **zucchini ribbons** and enjoy!

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