



ZUCCHINI & SUN-DRIED TOMATO RISOTTO

with Grape Tomatoes & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



2 Cloves | 4 Cloves
Garlic



4 oz | 8 oz
Grape Tomatoes



1 | 2
Zucchini



1.5 oz | 3 oz
Sun-Dried Tomatoes



1 TBSP | 1 TBSP
Tuscan Heat Spice



¾ Cup | 1½ Cups
Arborio Rice



2 | 4
Veggie Stock Concentrates



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 790



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 920



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 660



HELLO FRESH

HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

CHECK ON IT

Risotto needs a little TLC to become creamy and tender. Don't forget to stir and gradually add hot water while it simmers.

BUST OUT

- Medium pot
- Large pan
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Shrimp are fully cooked when internal temperature reaches 145°.

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



1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees.
- In a medium pot, bring **5 cups water** (8 cups for 4 servings) to a boil, then reduce to a low simmer. (You'll use the hot water in Step 4.)
- **Wash and dry produce.**
- Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Halve **grape tomatoes** lengthwise. Halve, peel, and finely dice **shallot**. Peel and mince or grate **garlic**. Finely chop **sun-dried tomatoes**.



4 COOK RISOTTO

- Add **1 cup hot water** and **stock concentrates** to pan with **rice mixture**. Cook, stirring, until liquid has mostly absorbed. Repeat with **remaining water**—adding ½ cup at a time and stirring until liquid has absorbed—until rice is al dente and mixture is creamy, 25-30 minutes. **TIP: Depending on the size of your pan, you may need a little more or a little less water.**
- Reduce heat to medium low. Stir in **cream sauce base** and **½ tsp Tuscan Heat Spice** (1 tsp for 4 servings). Cook, stirring occasionally, until risotto has thickened and cream sauce has absorbed, 2-4 minutes. Season generously with **salt** and **pepper**.



2 ROAST VEGGIES

- Toss **zucchini** and **grape tomatoes** on a baking sheet with a **drizzle of oil**, **½ tsp Tuscan Heat Spice** (1 tsp for 4 servings), **salt**, and **pepper**. (You'll use more Tuscan Heat Spice later.) Roast on middle rack, tossing halfway through, until lightly browned and tender, 14-16 minutes.
- Rinse **shrimp*** under cold water; pat dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or **sausage***; cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



5 FINISH RISOTTO

- Once **risotto** is done, remove from heat; stir in **half the Parmesan** and **1 TBSP butter** (2 TBSP for 4 servings) until melted and combined. Taste and season with **salt** and **pepper**.
- Stir in **half the zucchini and grape tomatoes**. Taste and season with **salt** and **pepper** if desired.
- Stir **shrimp** or **sausage** into **risotto**.



3 START RISOTTO

- While veggies roast, heat a **drizzle of oil** in a large pan over medium heat. Add **shallot** and cook until lightly browned and slightly softened, 3-4 minutes.
- Add **rice**, **garlic**, and **sun-dried tomatoes**; cook, stirring often, until rice is translucent and garlic is fragrant, 1-2 minutes. Season with **salt** and **pepper**.

Use pan used for shrimp or sausage here.



6 SERVE

- Divide **risotto** between plates. Top with **remaining zucchini and grape tomatoes**. Sprinkle with **remaining Parmesan** and serve.

WK 25-19