



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



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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: 780



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



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



HELLO

SUN-DRIED TOMATOES

These beauties are bursting with rich and tangy flavors.

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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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.

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

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