



Baked Shrimp Risotto

with Roasted Brussels Sprouts



30min



2 Servings

Risotto is often a special occasion meal requiring constant attention, but baking risotto eliminates that stress! We toast arborio rice in olive oil, then sauté garlic and tomato paste until caramelized. Seafood stock and shrimp join the party and bake until the rice is perfectly al dente and the shrimp is sweet and tender. With roasted Brussels sprouts and a final shower of Parmesan, any night can be a special occasion!

What we send

- garlic
- ½ lb Brussels sprouts
- 10 oz pkg shrimp ²
- 5 oz arborio rice
- 6 oz tomato paste
- 1 pkt seafood broth concentrate ^{2,4}
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil
- unsalted butter ⁷

Tools

- rimmed baking sheet
- medium Dutch oven or pot with lid
- microplane or grater

Cooking tip

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Allergens

Shellfish (2), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 37g, Carbs 72g, Protein 36g



1. Prep ingredients

Preheat oven to 400°F with racks in the center and bottom third.

Finely chop **2 teaspoons garlic**. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Rinse **shrimp**, pat dry, and season with **salt** and **pepper**.



4. Finish risotto

Add **broth concentrate**, **1 teaspoon salt**, and **1½ cups water**. Cover and bring to a boil. Uncover, place **shrimp** on top, cover and transfer to center oven rack; bake for 15 minutes. Remove from oven and let rest, covered, for 10 minutes.



2. Roast Brussels sprouts

On a rimmed baking sheet, toss **Brussels sprouts** with **2 tablespoons oil** and season with **salt** and **pepper**. Transfer to lower oven rack and roast until tender and charred, 18-20 minutes.



5. Prep garnishes

Finely grate **Parmesan**, if necessary. Coarsely chop **parsley**. Cut **lemon** into wedges.



3. Start risotto

Heat **1 tablespoon oil** in a medium Dutch oven with lid. Add **rice** and cook, stirring, for 1 minute. Add **garlic**, **3 tablespoons tomato paste**, and **2 tablespoons butter**. Cook, stirring, until butter is melted, garlic is fragrant, and tomato paste is slightly caramelized, 1-2 minutes more.



6. Finish & serve

Stir **risotto** and season to taste with **salt** and **pepper**. Garnish with **Parmesan**, **parsley**, and a **squeeze of lemon**. Serve **risotto** with **roasted Brussels sprouts** and **additional lemon wedges** alongside. Enjoy!