



Lemon Risotto

with Zucchini & Mint



30-40min



2 Servings

This luxurious vegetable dish is food therapy for anyone with a risotto phobia! The process is quite simple. After toasting the rice in the pot, hot liquid is added a little at a time and simmered until it's nearly absorbed. Stirring helps release the rice's natural starch, creating a creamy sauce. The hit of fontina at the end doesn't hurt either!

What we send

- 1 zucchini
- 1 shallot
- 1 pkt vegetable broth concentrate
- $\frac{3}{4}$ oz Parmesan ¹
- 5 oz arborio rice
- 1 lemon
- $\frac{1}{4}$ oz fresh mint
- 2 oz shredded fontina ¹
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil

Tools

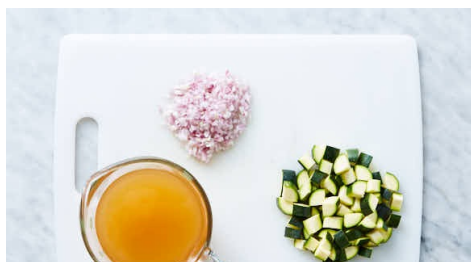
- microplane or grater
- medium skillet

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 27g, Carbs 73g, Protein 20g

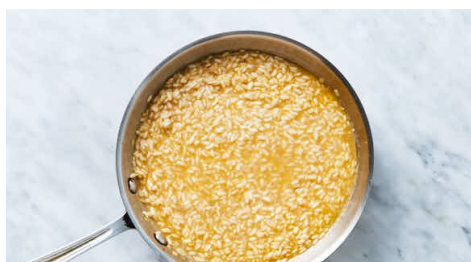


1. Prep ingredients

Trim stem end from **zucchini**, then quarter lengthwise and cut into $\frac{1}{2}$ -inch pieces. Finely chop **shallot**.

In a liquid measuring cup, stir to combine **vegetable broth concentrate**, **$3\frac{1}{2}$ cups water**, and **$\frac{3}{4}$ teaspoon salt**

Finely grate **Parmesan**.



4. Cook risotto

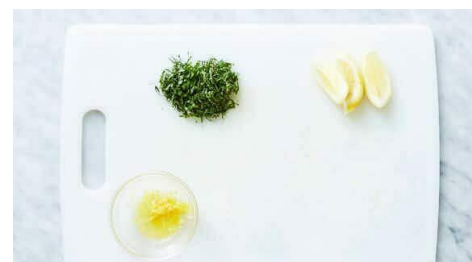
Add **$\frac{1}{2}$ cup of the broth** to skillet with **rice**, and cook over medium heat, stirring occasionally, until broth is nearly absorbed, 1-2 minutes.

Continue adding **$\frac{1}{2}$ cup broth** at a time; stirring until nearly absorbed before adding more, 20-22 minutes total. Rice should be al dente and suspended in a thick sauce.



2. Cook zucchini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **zucchini** and a **generous pinch each of salt and pepper**. Cook, stirring occasionally, until zucchini is lightly browned and crisp-tender, 3-4 minutes. Transfer to a plate.



5. Prep lemon & mint

While **risotto** cooks, finely grate **all of the lemon zest** and squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.

Pick and coarsely chop **mint leaves**; discard stems.



3. Sauté aromatics & rice

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chopped shallots** and cook, stirring, until softened but not browned, 1-2 minutes. Add **rice** and cook, stirring, until lightly toasted, about 2 minutes more.



6. Finish risotto & serve

To **risotto**, add **fontina, spinach, zucchini**, and **half of the Parmesan**. Cook over medium heat, stirring, until cheese is melted and spinach is just wilted, 1-2 minutes. Stir in **lemon juice, half of the mint**, and **$\frac{1}{2}$ teaspoon zest**

Serve **risotto** topped with **remaining Parmesan and mint**. Sprinkle with **lemon zest**, and serve with **lemon wedges** on the side. Enjoy!