

# MARLEY SPOON



## **Creamy Lemon Risotto**

with Zucchini, Parmesan & Mint

 30-40min  2 Servings

Fontina is a semi-soft cow's milk cheese from Italy, with a creamy texture and a mild, milky flavor. It's a great melting cheese, and as such, the perfect addition to this luxurious lemon and zucchini risotto.

## What we send

- 1 zucchini
- 1 shallot
- 1 pkt vegetable broth concentrate
- 5 oz arborio rice
- 5 oz fontina <sup>7</sup>
- ¾ oz piece Parmesan <sup>7</sup>
- 1 lemon
- ¼ oz fresh mint
- 3 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium skillet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 820kcal, Fat 37g, Carbs 91g, Protein 32g



### 1. Prep ingredients

Trim stem end from **zucchini**, then quarter lengthwise and cut into ½-inch pieces. Peel and finely chop **shallot**. In a liquid measuring cup, stir together **vegetable broth concentrate**, **3½ cups water**, and **¾ teaspoon salt**



### 4. Cook risotto

Add **½ 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 broth, ½ cup 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 salt and pepper**. Cook, stirring occasionally, until zucchini is lightly browned and crisp-tender, 3-4 minutes. Transfer to a plate.



### 5. Prep cheese, lemon & mint

While **risotto** cooks, chop **fontina** into bite-size pieces. Finely grate **Parmesan**. Finely grate **lemon zest**. Separately, squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pick **mint leaves** from stems, discarding stems; coarsely chop leaves.



### 3. Sauté aromatics & rice

Heat **1 tablespoon oil** (or butter) in same skillet over medium-high. Add **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 the **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 **½ teaspoon of zest**. Serve **risotto** topped with **remaining Parmesan and mint**. Sprinkle with **lemon zest**, and serve **any lemon wedges** on the side. Enjoy!