



Creamy 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 mascarpone at the end doesn't hurt either!

What we send

- 1 zucchini
- 1 shallot
- 1 pkt vegetable broth concentrate
- 5 oz arborio rice
- 1 lemon
- ¼ oz fresh mint
- 3 oz baby spinach
- ¾ oz grated Parmesan ⁷
- 4 oz mascarpone ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium skillet
- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

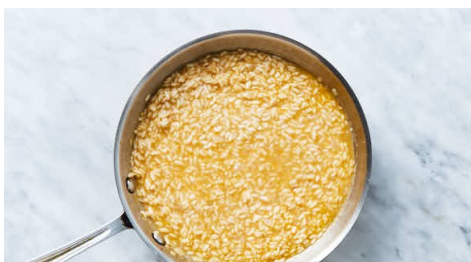
Nutrition per serving

Calories 710kcal, Fat 36g, Carbs 75g, Proteins 27g



1. Prep ingredients

Trim stem end from **zucchini**, then quarter lengthwise and cut into ½-inch pieces. Finely chop **shallot**. In a liquid measuring cup, stir to combine **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 **½ cup broth** at a time; stir 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 **lemon zest** and squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pick **mint leaves** from stems; discard stems and coarsely chop leaves.



3. Sauté aromatics & rice

Heat **1 tablespoon oil** 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 **mascarpone**, **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 zest**. Serve **risotto** topped with **remaining Parmesan and mint**. Sprinkle with **lemon zest**, and serve with **lemon wedges** on the side. Enjoy!