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Spring Asparagus and Shrimp Risotto with Meyer Lemon

This risotto is dressed to impress! We're folding nutty Parmesan, sautéed asparagus, and juicy shrimp into this creamy dish. This dinner may be simple, but it's elegant enough for any dinner party.



45 min



level 3



nut free



gluten free



make me first



Shrimp



Arborio Rice



Asparagus



Yellow Onion



Garlic



Parmesan Cheese



Vegetable Stock Concentrate



Meyer Lemon

Ingredients

	2 People	4 People
Shrimp	8 oz	16 oz
Arborio Rice	¾ c	1 ½ c
Asparagus	6 oz	12 oz
Yellow Onion	1	1
Garlic	2 cloves	4 cloves
Parmesan Cheese	¼ c	½ c
Vegetable Stock Concentrate	1	2
Meyer Lemon	1	2
Butter*	1 T	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Shellfish
- 2) Milk

Tools

Small Pot, Large Pan, Slotted Spoon, Medium Pan, Zester

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 533 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 29 g | Carbs: 71 g | Sugar: 5 g | Sodium: 989 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Bring **4 cups water** and the **stock concentrate** to a simmer in a small pot over low heat. Remove the **shrimp** from the fridge and bring to room temperature. Trim and discard the bottom inch from the **asparagus**, then cut into 1-inch pieces. Halve, peel, and finely chop half the **onion**. Finely chop the **garlic**. Zest, then halve the **Meyer lemon**.



2 Cook the onion: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **chopped onion** to the pan and cook, stirring for about 5 minutes, until soft. Add half the **garlic** and cook for another 30 seconds, until fragrant.



3 Blanch the asparagus: While the **onions** cook, drop the **asparagus** into the simmering **stock** for 1 minute, until bright green. Remove with a slotted spoon and rinse under cold water.



4 Cook the rice: Stir the **arborio rice** into the **onion mixture** and stir to coat the rice. **HINT:** If you happen to have some white wine handy, this would be a great time to add a splash! Just let it bubble until nearly evaporated.

5 Add the stock: Begin adding the hot **stock** to the pan in ¼ cup increments, stirring between each addition, until the liquid is absorbed. Continue until the **rice** is al dente and a loose sauce has formed, approximately 25-30 minutes.

6 Cook the shrimp: In between stirrings, heat a drizzle of **olive oil** in a separate medium pan over medium heat. Add the **shrimp**, remaining **garlic**, and **asparagus** and cook, tossing for 3-4 minutes, until the shrimp are opaque. Season with **salt** and **pepper**.

7 Finish and plate: When the **risotto** is tender, stir in the **shrimp**, **asparagus**, a pinch of **lemon zest**, half the **Parmesan cheese**, and the **butter**. Season with **salt**, **pepper**, and a squeeze of **lemon**.

8 Sprinkle the **risotto** with the remaining **Parmesan cheese** and enjoy!