

We've partnered with Taste of Fame and participating local PBS stations to bring a live cooking lesson to your home kitchen with legendary Chef Lidia Bastianich for this spin on spring risotto. A perfect risotto should be rich, velvety, and chewy to the bite. To get this texture right, we slowly add warm vegetable broth and coax the starch out of the rice. Made with seasonal vegetables and freshly grated Grana Padano, this Italian classic really is as good as it gets.



## Chef's Note

Lidia prefers homemade stock whenever possible. If you have some on hand, go ahead and use it! If not, we've got you covered. Please use the broth provided and feel free to add water for more delicate flavor.

### Nutrition per serving (shrimp)

Protein: 29g (58% DV), Fiber: 7g (28% DV), Total Fat: 24g (37% DV), Monounsaturated Fat: 12g, Polyunsaturated Fat: 2.5g, Saturated Fat: 8g (40% DV), Cholesterol: 180mg (60% DV), Sodium: 1050mg (44% DV), Carbohydrates: 99g (33% DV), Total Sugars: 9g, Added Sugars: 0g (0% DV). Not a significant source of trans fat.

**Contains:** Crustacean Shellfish (shrimp), Milk, Eggs.

Packed in a facility that handles all 8 major food allergens and gluten.

Protein should be cooked to the minimum internal temperature as recommended by USDA. Go to [sunbasket.com/basketbasics](https://www.sunbasket.com/basketbasics) for more information.

Sodium does not include pantry salt; for reference, 1/8 teaspoon kosher salt per serving averages 240mg (10% DV).

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# sunbasket



## Springtime Asparagus Risotto

Available with wild Gulf shrimp, organic chicken breast strips, or tofu

*Gluten-Free, Soy-Free*

40–55 minutes, 720 Cal/Serving, Serves 2 (or 4)

Wash produce before use.

Instructions for 4 servings. Use the contents of both meal bags.

Prep steps are in purple.

### In your bags

If we are unable to meet our promise for the organic ingredients listed below, we'll put a note in your bag.

- 3 cups vegetable broth
- Your choice of 10 oz protein: *Wild Gulf shrimp* Organic boneless skinless chicken breast strips *Hodo organic firm tofu*
- 2 sprigs organic fresh thyme
- 1 organic yellow onions
- 1 organic leeks
- 3 organic scallions
- 1/4 pound organic asparagus
- 1 cups arborio rice
- 1 tablespoons unsalted butter
- 3 tablespoons grated Grana Padano

### From your pantry

- Kosher salt, freshly ground black pepper, olive oil, white wine (*optional*)
- *If using tofu*: cornstarch, parchment paper

### Tools

- Medium sauce pot, colander (*for shrimp*), large frying pan, medium bowl, peeler (*optional*)
- *If using tofu*: additional medium bowl, sheet pan

## 1 Heat the broth; prep your protein

*If using tofu, heat the oven to 400°F.*

In a medium sauce pot over low heat, add the **vegetable broth** and slowly heat while you prepare your **protein** and vegetables.

### Shrimp:

- Rinse and drain the shrimp. Pat dry on a paper-towel-lined plate. Cut in half crosswise. Season lightly with salt.

### Chicken:

- Cut a small corner from the chicken packaging and drain off any excess liquid. Transfer to a plate; pat dry with a paper towel. Season lightly with salt.

### Tofu:

- Pat the tofu dry with paper towels and cut it into ½-inch cubes. In a medium bowl, toss the tofu with 1 to 2 teaspoons oil until coated. Toss with 1 tablespoon cornstarch and season with salt.

## 2 Cook your protein

### Shrimp:

In a large frying pan over medium-high heat, warm 1 tablespoon oil until hot but not smoking. Add the **thyme** sprigs and shrimp. Cook, turning once, until firm and cooked through, 1 to 2 minutes per side.

### Chicken:

In a large frying pan over medium-high heat, warm 1 tablespoon oil until hot but not smoking. Add the **thyme** sprigs and chicken. Cook, stirring once or twice, until lightly browned and cooked through, 6 to 8 minutes.

### Tofu:

On a parchment lined sheet pan, evenly spread the tofu and add the **thyme** sprigs. Roast in the oven,

turning the tofu once halfway through, until lightly browned all over, 18 to 20 minutes.

Transfer your **protein** to a plate and discard the **thyme**. Do not clean the large frying pan (if using shrimp or chicken). While your **protein** is cooking, start preparing the vegetables.

## 3 Prep the vegetables

- Peel and finely chop enough **onion** to measure ¾ cup.
- Trim the root ends from the **leeks**; cut the **leeks** into quarters lengthwise, then thinly slice the white and light green parts crosswise, enough to measure 1 cup. Soak the slices in a medium bowl of cold water, stirring occasionally to loosen any dirt, and allow the dirt to settle at the bottom. Skim the **leeks** from the surface of the water and pat dry.
- Trim the root ends from the **scallions**; thinly slice the **scallions**, keeping the white and green parts separate.

- Snap off the woody ends of the **asparagus**. Alternatively, trim the stem ends and peel the outer skin from the bottom half of the **asparagus**. Cut the **asparagus** into ½-inch lengths.

## 4 Cook the onion, leeks, and scallions

In a large frying pan, warm 3 tablespoons oil over medium heat until hot but not smoking. Add the **onion**, season with salt, and cook, stirring occasionally, until starting to soften, 3 to 4 minutes. Add the **leeks** and white parts of the **scallions** and cook, stirring occasionally, until the vegetables are softened and golden, 5 to 6 minutes.

## 5 Cook the risotto

To the pan with the **onion** mixture, stir in the **rice** and cook until the **rice** is coated with oil and translucent, 1 to 2 minutes. Stir in ½ cup white wine (from your pantry), if using, and cook until the liquid is evaporated. Season lightly with salt and stir in the **asparagus**. Ladle in enough warm **broth** to just cover the **rice** and bring to a boil,

then reduce to a simmer. Cook, stirring constantly, until the liquid is mostly absorbed and thickened enough to form a creamy sauce that coats the back of a spoon, 3 to 4 minutes.

Continue adding the **broth** in batches, enough to just cover the **rice**, and cook at a gentle simmer, stirring constantly, until each batch of **broth** is completely absorbed. Continue this process until the **rice** is creamy but al dente, about 13 to 15 minutes. If you prefer a creamier risotto, stir in more **broth**, a few tablespoons at time, until the desired consistency is reached.

## 6 Finish the risotto

To the pan with the risotto, stir in your **protein** and cook until heated through, about 1 minute. Remove from the heat and stir in the **butter** and green parts of the **scallions**. Stir in half the **cheese** and season to taste with salt and pepper.

### Serve

Transfer the risotto to individual warm, shallow bowls. Garnish with the remaining **cheese** and serve immediately.