



**GREEN
CHEF**

BUTTERNUT SQUASH RISOTTO

sage-seasoned portobellos, toasted walnuts, Parmesan

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
840

MENU
GLUTEN-FREE

Get lost in the comfort of tonight's Italian-inspired risotto dinner. The starchiness of the short-grain rice (along with cream cheese, butter, and Parmesan for good measure) gives the risotto its classic richness and creamy texture. Once the rice is tender, the decadent risotto is mixed with roasted butternut squash, lending earthy-sweet flavors throughout. Sautéed portobellos with buttery walnuts and aromatic sage are piled over the top for a grand finale.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (10 ITEMS)

1 whole	Vegetable stock concentrate
12 oz	Butternut squash
1 whole	Yellow onion
¼ oz	Garlic
2 whole	Portobello mushrooms
½ oz	Walnuts <small>T</small>
⅛ oz	Sage
½ cup	Short-grain rice
1 oz	Cream cheese <small>M</small>
1 oz	Parmesan cheese <small>M</small>

WHAT YOU'LL NEED

medium pot
medium & large sauté pans
baking sheet
measuring cup & spoons
peeler
oven mitt
cooking & olive oils
3 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (walnuts)
M MILK

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 MAKE BROTH

- Preheat oven to 425 degrees.
- Bring 4 cups water to a boil in a medium pot. Remove from heat. Add **vegetable stock concentrate**. Stir to combine.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START PREP & ROAST SQUASH

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Place **squash** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 18–20 minutes, or until fork-tender, stirring halfway through.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

3 FINISH PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **garlic**.
- Wipe **portobello mushrooms** clean with damp paper towels. Remove any stems. Scrape out gills with a spoon. Slice lengthwise into strips, about ½ inch wide. Halve strips widthwise.
- Roughly chop **walnuts** if necessary.
- De-stem **sage**; finely chop leaves.

4 START RISOTTO

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **onion** to hot pan. Cook 2–3 minutes, or until fragrant, stirring occasionally.
- Add **short-grain rice** and **garlic**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 2–3 minutes, or until rice is slightly translucent, stirring occasionally.
- Carefully add **broth** to pan, in 1-cup increments. Bring to a low simmer. Cook 17–20 minutes, or until rice is tender, stirring frequently.* Remove from heat. (You'll finish the risotto in Step 6.)

**If liquid evaporates before rice is tender, stir in a splash of water.*

5 COOK MUSHROOMS

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** to hot pan. Lightly season with salt and pepper. Cook 4–6 minutes, or until tender, stirring occasionally.
- Add **walnuts**. Cook 2–3 minutes, or until lightly toasted, stirring occasionally.
- Reduce heat to low. Add 1 tablespoon butter. Season with about half of the **sage**. Cook about 1 minute, or until butter has melted, stirring frequently.

6 FINISH RISOTTO

- Transfer **squash** to pan with **risotto**. Add **cream cheese**, about half of the **Parmesan cheese**, and 2 tablespoons butter. Season with salt, pepper, and remaining **sage** to taste. Stir until cream cheese is incorporated and butter has melted.

7 PLATE YOUR DISH

- Divide **butternut squash risotto** between plates. Top with **sage-seasoned portobellos with toasted walnuts**. Sprinkle with remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (489g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 19g	95%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 1560mg	68%
Total Carbohydrate 79g	29%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 1191mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Sushi Rice [organic California sushi rice], **Yellow Onion**, **Garlic**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Portobello Mushrooms**, **Butternut Squash**, **Sage**, **Walnuts** [walnuts], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor]

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.