



**GREEN
CHEF**

RISOTTO WITH ZUCCHINI, TOMATOES & SHALLOT

dairy-free pesto, balsamic glaze, cashew "Parmesan," almonds

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

750

MENU

VEGAN // GLUTEN-FREE

This risotto is remarkably creamy—even though it's vegan! The creaminess comes from coconut milk and cashew "Parmesan." Aromatic shallot and garlic create a foundation of flavor, while pops of color come from roasted zucchini and grape tomatoes seasoned with an Italian herb and red pepper blend. Final drizzles of pesto and balsamic glaze, plus a garnish of almonds, add to the luxe experience.

INGREDIENTS (13 ITEMS)

5 oz **Coconut milk** T
 2 whole **Vegetable stock concentrates**
 1 whole **Shallot**
 ¼ oz **Garlic**
 1 whole **Zucchini**
 ½ oz **Sliced almonds** T
 ¾ oz **White wine vinegar**
 ½ cup **Short-grain rice**
 ¾ tsp **Italian herb & red pepper blend**
 4 oz **Grape tomatoes**
 1½ tbsp **Cashew "Parmesan"** T
 2 oz **Dairy-free basil & garlic pesto** T
 1 whole **Balsamic glaze**

WHAT YOU'LL NEED

medium pot
 large sauté pan
 baking sheet
 medium bowl
 measuring cup & spoons
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, cashews, coconut)



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.

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 **coconut milk** and 3 cups water to a boil in a medium pot. Remove from heat. Add **vegetable stock concentrates**. 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 PREP

- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Mince **garlic**.
- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Roughly chop **sliced almonds**.

**The ingredient you received may be a different color.*



3 START RISOTTO

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **shallot** and **garlic** to hot pan. Cook 2-3 minutes, or until fragrant, stirring occasionally.
- Add **white wine vinegar**, **short-grain rice**, and about half the **Italian herb and red pepper blend**. Cook 2-3 minutes, or until rice is slightly translucent, stirring frequently.
- Carefully add **broth**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to combine. Bring to a boil, then reduce heat to medium low.* Simmer 18-22 minutes, or until rice is tender and water has mostly absorbed, stirring occasionally.**

**Depending on your stove, you may need to increase the heat to achieve a steady simmer.*

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



4 SEASON & ROAST VEGGIES

- Place **zucchini** and **grape tomatoes** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with remaining **Italian herb and red pepper blend**. Lightly season with salt and pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until zucchini is tender, stirring halfway through.



5 FINISH RISOTTO

- Remove **risotto** from heat. Add about half the **cashew "Parmesan"** to pan. Stir to combine.

6 PLATE YOUR DISH

- Divide **risotto** between plates. Drizzle with **dairy-free basil and garlic pesto** and about half the **balsamic glaze** (save the remaining for another use). Top with **roasted zucchini and tomatoes**. Garnish with remaining **cashew "Parmesan"** and **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (415g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1060mg	46%
Total Carbohydrate 79g	29%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 8g Added Sugars	16%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 2mg	10%
Potassium 744mg	15%

* 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 sushi rice], **Shallot**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Garlic**, **Coconut Milk** [coconut milk], **White Wine Vinegar** [aged white wine vinegar], **Grape Tomatoes**, **Zucchini**, **Balsamic Glaze** [cooked grape must, balsamic vinegar of modena (aceto balsamico di modena igp) 39% (wine vinegar, concentrated grape must, cooked grape must, caramel color), wine vinegar, thickeners: guar gum and xanthan gum], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Almonds** [almonds]

Allergen information:

Contains Tree Nuts

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.