



LEEK AND PEA RISOTTO

with Roasted Fennel and Ricotta

VEGGIE



HELLO

ARBORIO RICE

Grown only in Italy, this starchy rice is cooked slowly to bring out its natural creaminess

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 806



Arborio Rice



Green Peas



Fennel



Leek, sliced



Garlic



Vegetable Broth Concentrate



Parmesan Cheese, grated



Lemon



Honey



Ricotta Cheese

BUST OUT

- Baking Sheet
- Large Bowl
- Large Non-Stick Pan
- Measuring Cups
- Garlic Press
- Measuring Spoons
- Whisk
- Medium Pot
- Zester
- Butter **2** (1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Arborio Rice ¾ cup | 1 ½ cup
- Green Peas 113 g | 227 g
- Fennel 170 g | 340 g
- Leek, sliced 56 g | 113 g
- Garlic 10 g | 20 g
- Vegetable Broth Concentrate 2 | 4
- Parmesan Cheese, grated **2** ¼ cup | ½ cup
- Lemon 1 | 1
- Honey 1 tbsp | 2 tbsp
- Ricotta Cheese **2** 100 g | 100 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the fennel). Start when your oven comes up to temperature!



1 PREP Wash and dry all produce.* In a medium pot, combine **4 ½ cups water** (**5 ½ cups** for 4 ppl) and **broth concentrates**. Bring to a gentle boil over medium heat. Once boiling, remove pot from heat. Cover to keep warm. Meanwhile, mince or grate the **garlic**. Zest and juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining** lemon into wedges.



4 BROIL FENNEL Meanwhile, on a baking sheet, toss the **fennel** with a drizzle of **oil**. Broil in centre of the oven, stirring halfway through cooking, until golden-brown, 8-10 min.



2 START RISOTTO Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **leeks**. Cook, stirring occasionally, until softened, 2-3 min. Add the **rice** and **garlic**. Stir together until the garlic is fragrant, 1-2 min.



5 MAKE DRESSING Meanwhile, in a large bowl, whisk together the **lemon zest**, **1 tbsp lemon juice** (double for 4 ppl), **1 tbsp honey** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**. When the **fennel** is done, add to the **dressing** and toss together.



3 COOK RISOTTO Add **1 cup broth** and stir until the broth has been absorbed by the **rice**. Continue adding the broth, **1 cup** at a time, stirring regularly, until the liquid is absorbed, the texture is creamy and rice is tender, 28-30 min.



6 FINISH AND SERVE Stir the **peas**, **Parmesan** and **1 tbsp butter** (double for 4 ppl) into the **risotto**. Season with **salt** and **pepper**. Divide the risotto between bowls. Top with the **fennel** and a dollop of **ricotta**. Drizzle over any **remaining dressing** and squeeze over a **lemon wedge**, if desired.

DIG IN!

A final touch of butter gives this risotto a richness that will leave you speechless.