CORN AND ZUCCHINI RISOTTO

with Basil and Garlic Oil



HELLO -

BASIL STEMS

Don't toss 'em! These unsung heroes will infuse so much flavor into your stock.



Veggie Stock Concentrates



Zucchini













Italian Seasoning

Chili Flakes

PREP: 10 MIN TOTAL: 50 MIN CALORIES: 630



Corn on the Cob



Arborio Rice





Parmesan Cheese (Contains: Milk)

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START STRONG

Save the empty corn cobs once you've sliced off the kernels! You can use them to add fresh flavor and creamy texture to soups and stocks.

BUST OUT

- Medium pot
- Large pan
- Large bowl
- Zester
- Kosher salt
- Black pepper
- Butter (2 TBSP | 4 TBSP) (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

Basil ½ oz | 1 oz
Veggie Stock Concentrates 2 | 4
Corn on the Cob 1 | 2
Zucchini 1 | 2

• Yellow Onion 1 | 1

• Garlic Oil 5 tsp | 10 tsp

• Arborio Rice 3/4 Cup | 11/2 Cups

Italian Seasoning1tsp | 2 tspLemon1| 2

• Parmesan Cheese 1/4 Cup | 1/2 Cup

• Chili Flakes

1 tsp | 1 tsp

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.







START PREP

Wash and dry all produce. Pick basil leaves from stems; set leaves aside. Combine 4 cups water (7 cups for 4 servings), stock concentrates, and basil stems in a medium pot. Bring to a boil, then turn off heat. Slice corn kernels off cob. (TIP: Do so over a bowl for less mess.) Halve zucchini lengthwise; scoop out and discard seeds with a spoon, then dice zucchini into 1/4-inch pieces. Halve, peel, and finely dice onion.



2 COOK VEGGIES
Melt 1 TBSP butter (2 TBSP for 4
servings) in a large pan over mediumhigh heat. Add corn and zucchini and cook, stirring occasionally, until veggies are softened and lightly browned, 5-7 minutes. Season with salt and pepper. Turn off heat; transfer to a large bowl. Wash out pan.



Heat half the garlic oil in same pan over medium-high heat. Add onion, rice, and Italian Seasoning. Season generously with salt and pepper. Cook, stirring, until onion is softened and rice is translucent, 2-3 minutes. Leaving basil stems in pot, add ½ cup stock to rice mixture; stir to combine. Reduce heat to medium.



SIMMER RISOTTO AND FINISH PREP

Continue adding **stock** (leaving stems in pot) ½ cup at a time to pan with **rice**, stirring after each addition. Allow rice to absorb most of the liquid before adding more. Repeat process until rice is al dente and mixture is creamy, 25-30 minutes. Meanwhile, zest and quarter **lemon**. Stack **basil leaves**, then roll up lengthwise and slice crosswise into thin ribbons.

Stir veggies and half the basil leaves into risotto. Cook, stirring, until warmed through, 1-2 minutes. Turn off heat and stir in half the Parmesan and 1 TBSP butter (2 TBSP for 4 servings) until melted. Squeeze in lemon juice to taste and season with salt and pepper.



SERVE
Divide risotto between bowls.

Garnish with remaining Parmesan, basil leaves, and garlic oil. Top with a pinch of chili flakes and as much lemon zest as you like. Serve with remaining lemon wedges on the side.

SOUR POWER

A squeeze of tangy, fresh lemon juice cuts through risotto's richness.

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