

Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Oven-Safe Skillet & Lid

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Mushrooms
- Arborio Rice
- White Wine Sauce
- Seasoned Cheese & Onion
- Arugula
- Goat Cheese & Green Onions

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*). When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done). Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

Health snapshot per serving – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

Lightened-up health snapshot per serving – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using $\frac{3}{4}$ of the Arborio rice, White Wine sauce, AND goat cheese.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper



1. Get Organized

Preheat the oven to 400.

2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

Use a baking sheet if you don't have a cover.

4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

The cheese will become warm and soft but will not melt.

5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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