

## Sweet Corn Risotto

We're sharing one of our favorite risotto recipes this week. With sweet corn, roasted grape tomatoes, protein-packed white beans and nutty Parmesan, it's a sunny recipe that's simply delicious. (Haven't made risotto before? It's easy, filling and guaranteed to dazzle your family.)

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

2 Saucepans  
Rimmed Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Grape Tomatoes  
Corn & White Beans  
Arborio Rice  
White Wine  
Sherry & Herbs  
Parmesan

### Make The Meal Your Own

**Omnivore's Option** – Salmon is a wonderful choice with this risotto. Bake or broil it separately, serve it over the risotto and pour the final sherry vinegar drizzle over everything.

**Risotto has a reputation for being tricky**, but it's easier than it looks. The key is to add the water in increments so that the rice can absorb it while it cooks.

### Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal. Add a few extra grinds of black pepper to add a little bite to the finished dish.

**Health snapshot per serving** – 595 Calories, 28 g Protein, 7 g Fiber, 19 Smart Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Grape Tomatoes, Arborio Rice, Corn, Great Northern Beans, White Wine, Parmesan, Sherry Vinegar, Maple Syrup, Garlic, Herbs

*meez* meals

### 1. Getting Organized

Preheat your oven to 400. Bring 4 ¼ cups of water to a boil and then reduce to a simmer.

### 2. Roast the Vegetables

Put the **Grape Tomatoes** and **Corn & White Beans** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and bake until the tomatoes burst and the beans and corn are starting to brown, about 20 to 25 minutes.

*Stir the vegetables once or twice while they are cooking.*

### 3. Make the Risotto

While the vegetables are roasting, heat 1 Tbsp olive oil in a heavy saucepan over medium heat. Add the **Arborio Rice** and cook, stirring, for one minute. Add the **Sherry & Herbs** and cook for 2 minutes.

Add the **White Wine** and about a cup of your simmering water to the rice and stir. Let it cook until the water is below the level of the rice, about 3 to 5 minutes. Add another cup of water and repeat until you've used up most or all of the water and the rice is nice and creamy, about 20 minutes total.

*Chef Max says, "Do not stir vigorously, a gentle treatment makes for a better end result".*

Remove the risotto from the heat. Gently stir in the roasted vegetables and **Parmesan**. Season with salt and pepper to taste.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**