# Spinach & Feta Risotto with Roasted Tomatoes

**35** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

Creamy risotto, tangy feta, and sweet roasted tomatoes make this dinner a standout. We're combining white wine, caramelized onions, and a touch of cream, then finishing with fresh spinach and a drizzle of balsamic pesto. It's delicate, hearty, and absolutely delicious.

## Getting Organized

EQUIPMENT
- Large Oven-Safe Skillet with Cover

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Grape Tomatoes
- Arborio Rice
- White Wine & Cream Sauce
- Feta & Seasoned Onions
- Spinach
- Balsamic Pesto

## Add Protein Cooking Instructions

**Integrate into recipe:** When the risotto has about 10 minutes left in step 3, cook the protein (per instructions below) and serve alongside the risotto in step 4.

**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

**Health snapshot per serving** – 880 Calories, 61g Fat, 56g Carbs, 19g Protein, and 35 Freestyle Points.

**Lightened-up health snapshot per serving** – 700 Calories, 49g Fat, 43g Carbs, and 29g Freestyle Points, by using half of the Balsamic Pesto and half of the Cheese & Onions.

INGREDIENTS: Tomatoes, Cream, Arborio Rice, Yellow Onion, White Wine, Spinach, Feta, Asiago, Balsamic Vinegar, Brown Sugar, Vegetable Oil, Garlic, Parmesan, Lemon, Green Onion, Vegetable Stock, Almond, Miso, Oregano, Basil, Black Pepper.

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1. **Get Organized**
   Preheat the oven to 425. Place the ***Grape Tomatoes*** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst.

2. **Prepare the Risotto**
   Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the ***Arborio Rice*** and stir until the rice is coated with oil. Cook until just starting to toast, about 1 minute. Add the ***White Wine & Cream Sauce,*** 1 cup of water, and the ***Feta & Seasoned Onions*** and stir well. Add the squished tomatoes and spread around the skillet. Turn the heat to high and bring to a boil and remove from the heat.

3. **Bake the Risotto**
   Cover the skillet with an oven-safe lid and bake, undisturbed, until the rice is tender and the liquid has been absorbed, about 25 minutes. Remove from the oven and stir in the ***Spinach.*** Bake for an additional 5 minutes. Remove from the oven, uncover and allow to rest for 5 minutes before serving.

*The spinach will wilt in the hot risotto but you may have to add it in batches.*

4. **Put It All Together**
   Serve the risotto topped with the ***Balsamic Pesto***. Enjoy!

Instructions for two servings.
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