

Thai Curry Risotto

We're pairing the vibrant flavors of Thai curry with the mellow creaminess of a classic risotto. And to make it even easier, we're baking it in the oven instead of the usual fussy stove-top version. With acorn squash, green beans, and arugula, plus a sprinkling of sesame and cucumber it's a fun twist on Thai that we just love

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Oven-Safe Skillet (with a cover)
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt/Pepper

6 MEEZ CONTAINERS

- Acorn Squash
- Arborio Rice
- Thai Curry Sauce
- Arugula
- Green Beans
- Cucumber & Sesame Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and leave the shrimp whole) and serve on top of the cooked risotto in step 5.

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 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 38g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3, except don't add the water and reduce the total time in the oven to 15 minutes.

Health snapshot per serving – 285 Calories, 8g Fat, 52g Carbs, 17g Protein, 8 Freestyle Points

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



INGREDIENTS: Arborio Rice, Green Beans, Acorn Squash, Arugula, Onion, Cucumber, Coconut Milk, Red/Yellow Curry Paste, Miso, Tamari, Garlic, Mint, Ginger, Basil, Brown Sugar, Lime.

meez meals

1. Getting Organized

Preheat oven to 400.

2. Cook the Squash

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium high heat. When the oil is hot, add the **Acorn Squash** to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Stir squash and cook until the additional side start to brown, another 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. Prepare and Bake the Risotto

Return the now-empty skillet to the stove and add the **Arborio Rice**, **Thai Curry Sauce**, and 1 cup of water and bring to a boil. Remove from the heat and add back the cooked Acorn Squash. Cover with an oven safe lid, and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes.

After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

Remove the skillet from the oven and immediately add the **Arugula**. Continue to stir until the arugula wilts and thoroughly mixed into the risotto. Cover and let rest for 5 minutes.

4. Char the Green Beans

While the risotto is resting, heat a second large skillet with 1 Tbsp olive oil over high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until the green beans are charred and turn bright green, about 3 minutes.

5. Put It All Together

After the risotto has rested, transfer to serving bowls and top with the charred Green Beans and **Cucumber & Sesame Seeds**. Enjoy!