

Lemon Risotto with Chai Vinaigrette

Haven't put lemon in risotto yet? It adds brightness to classic risotto that we love. We're cooking it up with sweet potatoes and blue cheese for a magical combination we couldn't get enough of.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Chai Sauce
Onions
Arborio Rice
Wine Mix
Blue Cheese

Make The Meal Your Own

Cooking with a picky eater? Skip the blue cheese and mix in mozzarella, instead.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Mix in an extra drizzle of olive oil at the end to mellow out the tartness and go slow on the chai sauce.

Health snapshot per serving – 785 Calories, 17g Protein, 21g Fat, 123g Carbs, 10g Fiber, 26 Smart Points.

Lighten Up snapshot per serving – 585 Calories, 5g Fat and 11 Smart Points when you use half of the Chai Sauce and no blue cheese.

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

INGREDIENTS: Sweet Potato, Arborio Rice, White Wine, Olive Oil, Blue Cheese, Lemon Juice, Yellow Onions, Fennel, Brown Sugar, Mirepoix, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 425 and heat 4 ¼ cups of water in a saucepan

2. Roast the Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet, drizzle with olive oil, salt and pepper and toss well. Cook for 15 minutes then remove from the oven. Drizzle half of the **Chai Sauce** over the potatoes, mix well, and return to the oven. Cook until the potatoes are golden brown, about 5 to 7 minutes.

We line our baking sheets with parchment paper to make clean up a snap.

3. Cook the Risotto

Once the sweet potatoes are in the oven, heat ½ Tbsp olive oil in a large skillet over medium heat. Add the **Onions** and cook until they are translucent, about 3 to 5 minutes.

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

Add the **Arborio Rice** to the onions, cook for a minute, and then add the **Wine Mix**. Cook until the liquid is absorbed. Now add about ½ of your simmering water to the rice and stir. Let it cook 3 to 5 minutes, until the water is below the level of the rice. Add another ½ cup and repeat until you've used up most or all of the water and the rice is nice and creamy – about 20 minutes.

Mix in the roasted sweet potatoes and **Blue Cheese**. Give it a taste and add more chai sauce if you'd like. Enjoy

When you add the sweet potatoes, leave the leftover Chai sauce on the pan- don't add it to the risotto.

Love this recipe? #meezmagic