



Spanish-Style Risotto with Shrimp

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 shallot, thinly sliced
- 1 Tablespoon butter, plus 1 teaspoon butter separated
- 2 cloves garlic, minced
- 1 cup arborio rice
- 2 teaspoons paprika
- 2 cups chicken stock
- 8-10 asparagus spears
- ½ cup peas, fresh, frozen, or canned. If using canned, drain and rinse.
- ½ pound large shrimp, peeled and deveined
- Juice of 1 lemon
- Grated parmesan cheese, to taste

DIRECTIONS

1. Gently fry the shallot in 1 Tablespoon butter before adding in the garlic.
2. Add the rice and paprika to the pan, ensuring the rice is well covered with the butter and spices.
3. Add 1 cup chicken stock to the rice and stir.
4. Measure out ½ cup of chicken stock and set aside. Slowly add the remaining stock in ½ cup increments, stirring in between. Wait until the liquid has been almost completely absorbed by the rice before adding next ½ cup.
5. Remove the bottom quarter of the asparagus and chop the rest, taking care to set aside the heads.
6. Add the sliced asparagus (minus the heads) and peas to the rice. Add the last ½ cup stock and stir.
7. In a separate pan, fry the asparagus heads and shrimp in remaining 1 teaspoon butter.
8. When risotto is almost done, add in the lemon juice and a generous sprinkle of parmesan cheese.
9. Serve in bowls and arrange the shrimp and asparagus heads on top.

Nutrition Facts

4 servings per container	
Serving size	1 cup (335g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	28%
Sodium 440mg	19%
Total Carbohydrate 47g	17%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 417mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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