

# Spinach, Parmesan & Parsnip Risotto

*with Crispy Parsnip Chips & Sage*

Risotto began in Northern Italy as a rustic dish. It's traditionally made with Arborio rice, named for the city in the Po Valley where it was originally grown. (A short-grain variety, Arborio has an incredible capacity to absorb flavors from the ingredients it's cooked with.) In the 20<sup>th</sup> Century, risotto began to rise in popularity, and, today, gourmet treatments abound. In our version, we're mixing in seasonal vegetables and silky mascarpone cheese. We're also using parsnip two ways: stirred into the risotto, and pan-fried as a sweet, savory and unbeatably crispy garnish.



## Ingredients

- 1 Cup Arborio Rice
- 7 Ounces Parsnip
- 6 Ounces Spinach
- 3 Cloves Garlic
- 1 Yellow Onion
- 1 Bunch Sage

## Knick Knacks

- 2 Tablespoons Mascarpone Cheese
- 1/3 Cup Grated Parmesan Cheese

Makes 2 Servings

About 640 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



For cooking tips & tablet view, visit [blueapron.com/recipes/773](https://blueapron.com/recipes/773)

Recipe #773

1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel the parsnip. Using a peeler, shave 1 half of the parsnip into thin ribbons; grate the remaining half on the large side of a box grater. Peel and small dice the onion. Peel and mince the garlic. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves.

2



## Cook & drain the spinach:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 3 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer the spinach to a cutting board; finely chop. Set aside in a warm place. Rinse and wipe out the pot.

3



## Start the risotto:

In the pot used to cook the spinach, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic**; season with salt and pepper. Cook 2 to 3 minutes, or until softened and fragrant. Add the **rice** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly toasted.

4



## Add the grated parsnip & liquid:

Add the **grated parsnip** and **3 1/2 cups of water** to the pot; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring frequently, 14 to 16 minutes, or until most of the liquid has been absorbed and the rice is al dente (still slightly firm to the bite). (If the mixture seems dry, add up to an additional 1/4 cup of water to achieve your desired consistency.) Remove from heat.

5



## Make the parsnip chips:

While the risotto simmers, in a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Add the **parsnip ribbons**. Cook, stirring frequently, 3 to 5 minutes, or until golden brown and crispy. Transfer to a paper towel-lined plate; immediately season with salt and pepper to taste.

6



## Finish the risotto & serve your dish:

Off the heat, add the **chopped spinach**, **sage**, **Parmesan cheese** and **mascarpone cheese** to the pot of risotto; stir to thoroughly combine and season with salt and pepper to taste. Divide the **finished risotto** between 2 bowls. Garnish with the **parsnip chips**. Enjoy!