

# Butternut Squash Risotto

*with Brussels Sprouts & Chestnuts*

This easy autumn risotto pairs the dish's rustic northern Italian roots with a few sophisticated, seasonal touches. At its base is carnaroli rice, beloved for its natural creaminess. (Chefs, toasting your rice before adding water to the pot is a crucial step that helps preserve its hearty texture and enhance its flavor during cooking.) For an exceptionally silky finish, we're adding in roasted butternut squash and sweet mascarpone cheese. Our topping of Brussels sprouts sautéed with sweet chestnuts adds a final pop of deep, earthy flavor.



#### Blue Apron Wine Pairings

Breëland Wine Cellars Malbec, 2015

Ventana Vineyards Chardonnay, 2014



## Ingredients

¾ Cup Carnaroli Rice  
4 Cloves Garlic  
4 Ounces Brussels Sprouts  
1 Butternut Squash  
1 Stalk Celery

### Knick Knacks

2 Tablespoons Butter  
2 Tablespoons Mascarpone Cheese  
2 Tablespoons Roasted, Peeled Chestnuts  
1 Shallot  
¼ Cup Grated Parmesan Cheese

**Makes:** 2 servings

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



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Recipe #1027



1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut off and discard the squash ends. Peel the squash, then separate the neck and bulb. Halve the bulb lengthwise; scoop out and discard the pulp and seeds. Small dice the squash. Peel and mince the shallot. Peel and mince the garlic. Small dice the celery. Cut off and discard the Brussels sprouts stems. Halve the Brussels sprouts, then thinly slice lengthwise. Roughly chop the chestnuts.

2



## Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 14 to 16 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3



## Start the risotto:

While the squash roasts, in a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot, garlic** and **celery**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant. Add the **rice** and cook, stirring occasionally, 2 to 3 minutes, or until toasted and fragrant. Add **3½ cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high; cook, stirring occasionally, 20 to 22 minutes, or until most of the liquid has been absorbed and the rice is al dente (still slightly firm to the bite).

4



## Cook the Brussels sprouts & chestnuts:

Once the risotto has cooked for about 15 minutes, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **Brussels sprouts** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and bright green. Add the **chestnuts** and **half the butter**; cook, stirring occasionally, 1 to 2 minutes, or until the Brussels sprouts are lightly browned and crispy. Turn off the heat. Season with salt and pepper to taste.

5



## Finish the risotto & plate your dish:

Add the **mascarpone cheese, roasted squash** and the **remaining butter** to the pot. (If the risotto seems dry, add up to ¼ cup of water.) Stir to thoroughly combine; season with salt and pepper to taste. Divide the finished risotto between 2 dishes. Garnish with the **cooked Brussels sprouts and chestnuts** and **Parmesan cheese**. Season with pepper. Enjoy!