

# Simple Shrimp Risotto

*with Watercress*

Contrary to popular belief, risotto gets its creamy, luxurious texture from the actual grains—not milk or cream. Special high-starch rice varieties, such as Arborio and Carnaroli, release their starches during the cooking process to create the velvety smooth consistency. For best results, cook these short-to-medium, round grains until they are “al dente,” meaning tender but with a slight bite.



## Ingredients

- 4 Cloves Garlic
- 1 Bunch Watercress
- 1 Large Spanish Onion
- 1 Cup Arborio Rice
- 1 Cup Vegetable Broth
- 10 Ounces Shrimp
- 1/3 Cup Grated Parmesan Cheese
- 2 Tablespoons Butter

Makes 2 Servings  
About 675 Calories Per Serving



# Instructions



## 1 *Prepare your ingredients:*

Wash and dry the fresh produce. Peel and mince the garlic. Finely chop the watercress. Peel and small dice the onion.



## 2 *Sauté the aromatics:*

In a medium pot, heat some olive oil on high until hot. Add the **onion** and **garlic**; cook 3 to 4 minutes, or until the onion starts to soften, stirring frequently. Add the **Arborio rice**; cook for an additional 2 minutes to slightly toast the rice, stirring.



## 3 *Add the liquids:*

Add the **vegetable broth** and **1 cup of water**. Bring the mixture to a simmer, then reduce the heat to medium-low. Simmer the risotto for 6 to 8 minutes, stirring frequently. Increase the heat to medium and add **1 cup of water**. Slowly simmer for 9 to 11 minutes, or until all the liquid is absorbed and the rice is al dente, stirring occasionally. Season with salt and pepper to taste as you cook. (If too much liquid has evaporated before the rice is done, you may need to add up to 1 cup of water.)



## 4 *Add the shrimp:*

While the risotto simmers, season the **shrimp** with a little salt. Once the rice is nearly done, stir in the shrimp. (If the mixture is too thick, add up to another ¼ cup of water.) Cook for 30 seconds to 1 minute, until the shrimp are pink and opaque.



## 5 *Finish the risotto:*

If needed, add up to another ¼ cup of water. Stir in the **chopped watercress**; cook 30 seconds to 1 minute, or until wilted. Add the **butter** and **all but a pinch of the Parmesan cheese**; cook 1 to 2 minutes, until thoroughly combined. (Reserve some Parmesan cheese for garnish.)



## 6 *Plate your dish:*

Divide the risotto between 2 plates and garnish with the **remaining Parmesan cheese**.