



# CREAMY ITALIAN SHRIMP RISOTTO

## INGREDIENTS

PREPARATION: 3 MINUTES

COOKING: 20 MINUTES

2 SERVINGS

### Nutrient Analysis

#### PER SERVING

(1/2 of recipe: 1 1/2 cups)

#### Renal exchange:

3 Protein + 3 Starch + 1 Vegetable

Calories	<b>487kcal</b>
Protein	<b>29g</b>
Carbohydrates	<b>52g</b>
Fibre	<b>3.4g</b>
Total Fat	<b>15g</b>
Saturated Fat	<b>4g</b>
Cholesterol	<b>230mg</b>
Sodium	<b>336mg</b>
Potassium	<b>647mg</b>
Phosphorus	<b>386mg</b>

1/2 cup Arborio rice (e.g.: Pastene™)

4 cups water

1/2 cup zucchini, cut lengthwise, then cut into 1/4 inch half-rounds

1/2 cup onion, diced

2 cloves garlic, chopped fine or pressed

2 tablespoon fresh dill, chopped (or 1 1/2 tablespoons dried)

2 tablespoons parsley, chopped

1/4 cup frozen baby peas

180g frozen shelled raw shrimp, size 41/50

1 teaspoon lemon zest (optional)

1 tablespoon olive oil

1/4 cup dry vermouth or dry white wine

3/4 cup low-sodium chicken broth

1 tablespoon cream cheese

1 tablespoon parmesan cheese

Freshly ground black pepper

1 egg

## PREPARATION

- 1 Over high heat, bring water to a boil (5 minutes).
- 2 Prepare zucchini, onion, garlic, dill and parsley. Measure peas and shrimp, grate zest of lemon if using, and set all ingredients aside.
- 3 Pour the rice into the boiling water and continue to boil for 5 minutes.
- 4 In a heavy-bottomed 1-litre pot, heat oil over medium-high heat. Add zucchini, onion, and garlic, and cook for 3 minutes. Then add shrimp, lemon zest, peas and herbs, and cook for 2-3 minutes, stirring a couple of times.
- 5 Bring the chicken broth to boil and reserve (microwave is fast!).
- 6 Over the sink, strain the rice through a sieve. Immediately add the rice to the pot with the vegetables and shrimp.
- 7 Add the vermouth and cook for 2 minutes. Then add the hot chicken broth. Reduce heat to medium-low and cook for 8 minutes more while stirring. The stirring is important because it releases the gluten from the rice to create the creamy texture.
- 8 Remove from heat, add cream cheese, parmesan and 1 egg. Stir gently until combined. The egg will thicken the rice to finish. No need to boil it at this point because the residual heat will cook the egg.
- 9 Finish with freshly ground black pepper and serve immediately.