

# Easy Chicken & Cherry Tomato Risotto

with Sweetcorn & Parsley

NEW

KID FRIENDLY



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Sweetcorn

**Tinned Cherry** 

Tomatoes





Chicken Thigh

Nan's Special Seasoning



Aussie Spice



Arborio Rice



Chicken-Style Stock Powder



Prep in: 15-25 mins Ready in: 45-55 mins

Eat Me Early

If the sound of making a risotto from scratch sounds a little too daunting, we've taken the fuss and bother right out of this risotto. With chunks of tender chicken, sweet juicy tomatoes and popping corn, it comes together in one pan (without all the stirring) for a comforting bowl of goodness. **Pantry items** 

Olive Oil, Brown Sugar, Butter

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large ovenproof saucepan with a lid (or foil)

# Ingredients

| 3                             |                 |                                      |  |  |
|-------------------------------|-----------------|--------------------------------------|--|--|
|                               | 2 People        | 4 People                             |  |  |
| olive oil*                    | refer to method | refer to method                      |  |  |
| celery                        | 1 stalk         | 2 stalks                             |  |  |
| garlic                        | 2 cloves        | 4 cloves                             |  |  |
| sweetcorn                     | 1 tin           | 1 tin                                |  |  |
| tinned cherry<br>tomatoes     | 1 tin           | 2 tins                               |  |  |
| chicken thigh                 | 1 small packet  | 2 small packets<br>OR 1 large packet |  |  |
| Nan's special seasoning       | 1 medium sachet | 1 large sachet                       |  |  |
| Aussie spice<br>blend         | 1 medium sachet | 1 large sachet                       |  |  |
| arborio rice                  | 1 packet        | 1 packet                             |  |  |
| chicken-style<br>stock powder | 1 large sachet  | 2 large sachets                      |  |  |
| brown sugar*                  | 1 tsp           | 2 tsp                                |  |  |
| boiling water*                | 2 cups          | 4 cups                               |  |  |
| butter*                       | 30g             | 60g                                  |  |  |
| parsley                       | 1 bag           | 1 bag                                |  |  |
| chicken breast**              | 1 small packet  | 2 small packets<br>OR 1 large packet |  |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3108kJ (743Cal) | 557kJ (133Cal) |
| Protein (g)      | 40.3g           | 7.2g           |
| Fat, total (g)   | 26.6g           | 4.8g           |
| - saturated (g)  | 12.6g           | 2.3g           |
| Carbohydrate (g) | 89.4g           | 16g            |
| - sugars (g)     | 12.6g           | 2.3g           |
| Sodium (mg)      | 2313mg          | 415mg          |
| Custom Recine    |                 |                |

| Avg Qty          | Per Serving     | Per 100g              |
|------------------|-----------------|-----------------------|
| Energy (kJ)      | 3022kJ (722Cal) | <b>542kJ</b> (130Cal) |
| Protein (g)      | 44.8g           | 8g                    |
| Fat, total (g)   | 19.1g           | 3.4g                  |
| - saturated (g)  | 10.3g           | 1.8g                  |
| Carbohydrate (g) | 89.4g           | 16g                   |
| - sugars (g)     | 12.6g           | 2.3g                  |
| Sodium (mg)      | 2295mg          | 412mg                 |

The quantities provided above are averages only.

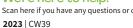
# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns







### Get prepped

- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- Finely chop celery and garlic. Drain the sweetcorn. Drain the tinned cherry tomatoes.
- · Cut chicken thigh into 2cm chunks.

**TIP:** Reserve the passata from the cherry tomatoes to use in another meal!

Custom Recipe: If you've swapped chicken thigh for chicken breast, cut chicken breast into 2cm chunks.



### Bake the risotto

- Cover tightly with a lid (or foil), then transfer to the oven and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.
- When the risotto is done, stir through the **butter** and season to taste.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.

TIP: If the risotto is dry, add a splash of water and stir through.



#### Start the risotto

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, **corn** and **celery**, tossing occasionally, until browned, 1-2 minutes.
- Add garlic, Nan's special seasoning, Aussie spice blend and arborio rice, and cook until fragrant, 1-2 minutes.
- Add cherry tomatoes, chicken-style stock powder, the brown sugar and **boiling water** (2 cups for 2 people / 4 cups for 4 people). Stir to combine and bring to the boil.

Custom Recipe: Cook chicken breast in the same way as chicken thigh.



# Serve up

- Divide chicken and cherry tomato risotto between bowls.
- Tear over **parsley** to serve. Enjoy!

**Little cooks:** Add the finishing touches and tear over the parsley.