



# Easy Chicken & Cherry Tomato Risotto

with Sweetcorn & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Celery



Garlic



Sweetcorn



Tinned Cherry Tomatoes



Chicken Thigh



Nan's Special Seasoning



Aussie Spice Blend



Arborio Rice



Chicken-Style Stock Powder



Parsley



Chicken Breast

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

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

\*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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	542kJ (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](https://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



1



## 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.

3



## 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.

2



## 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.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)