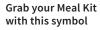


Chicken, Leek & Kale Baked Risotto



Tomato

Drumsticks

Arborio Rice

Cheese

Diced Bacon

with Parmesan Cheese & Flaked Almonds **KID FRIENDLY**



Pantry items Olive Oil, Butter

Prep in: 25-35 mins Ready in: 50-60 mins



in our favourite spices with leek and celery, then baked in the oven for that magic touch.

How much do we love risotto? We love risotto so much that we've prepared a special one for you tonight. The chicken is cooked

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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 frying pan \cdot Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
tomato	1	2
cavolo nero kale	1 bag	1 bag
boneless chicken drumsticks	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 large sachet	2 large sachets
arborio rice	1 packet	1 packet
water*	2¼ cups	4½ cups
flaked almonds	1 packet	2 packets
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3141kJ (751Cal)	691kJ (165Cal)
Protein (g)	45.7g	10.1g
Fat, total (g)	25.7g	5.7g
- saturated (g)	12.7g	2.8g
Carbohydrate (g)	81g	17.8g
- sugars (g)	6.5g	1.4g
Sodium (mg)	1319mg	290mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3726kJ (891Cal)	739kJ (177Cal)
Protein (g)	53.6g	10.6g
Fat, total (g)	37.8g	7.5g
- saturated (g)	17.1g	3.4g
Carbohydrate (g)	81g	16.1g
- sugars (g)	6.6g	1.3g
Sodium (mg)	1718mg	341mg

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 2023 | CW42





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Thinly slice leek. Roughly chop tomato. Roughly chop cavolo nero kale, discarding any larger pieces of stalk.
- Cut **boneless chicken drumsticks** into 2cm chunks.

Toast the almonds

• Meanwhile, wipe out the frying pan, then return

to medium-high heat. Toast flaked almonds,

tossing, until golden, 2-3 minutes.



Cook the leek & chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook leek, until browned and softened,
 6-8 minutes. Season with salt and pepper, then transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.

Custom Recipe: If you've added diced bacon to your meal, cook diced bacon with the leek, breaking it up with a spoon, until golden, 6-7 minutes. Continue with step.



Finish the risotto

- When the risotto is done, remove from oven, then stir through the **butter** and **grated** Parmesan cheese.
- Stir through a splash of **water** to loosen risotto (if needed). Season to taste.



Bake the risotto

- To the pan with chicken, add tomato and Aussie spice blend, then return leek to the pan and cook, tossing, until fragrant, 1 minute.
- Add arborio rice and the water.
- Bring to the boil, then transfer **risotto mixture** to a baking dish.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.
- In last **10 minutes** of cook time, remove from oven, then add **cavolo nero kale**. Cover and return to the oven.



Serve up

- Divide baked chicken, leek and kale risotto between bowls.
- Sprinkle over toasted almonds. Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds and parsley!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate