



# Chicken, Leek & Kale Baked Risotto

with Parmesan Cheese & Flaked Almonds

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Tomato



Cavolo Nero Kale



Boneless Chicken Drumsticks



Aussie Spice Blend



Arborio Rice



Flaked Almonds



Grated Parmesan Cheese



Parsley



Diced Bacon

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

Eat Me Early

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

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

### Pantry items

Olive Oil, 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 frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	2¼ cups	4½ cups
flaked almonds	1 packet	2 packets
<b>butter*</b>	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](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



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## 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](https://hellofresh.co.nz/rate)