



# Chicken & Mushroom Baked Risotto

with Balsamic Rocket Salad

Grab your Meal Kit with this symbol



Garlic



Portabello Mushrooms



Chicken Thigh



Garlic & Herb Seasoning



Arborio Rice



Chicken-Style Stock Powder



Mushroom Powder



Rocket Leaves



Grated Parmesan Cheese



Chicken Thigh

Prep in: **25-35 mins**  
Ready in: **45-55 mins**

Eat Me Early

For a rich, creamy and delicious risotto without standing over the stove stirring, use your oven! This baked version features mushrooms and chicken for lots of flavour, and has a fresh and easy salad on the side to lighten up the whole meal. Dinner will never be the same again!

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

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## 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
garlic	2 cloves	4 cloves
portabella mushrooms	1 packet	1 packet
chicken thigh	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
<b>water*</b>	2¼ cups	4½ cups
chicken-style stock powder	1 large sachet	2 large sachets
mushroom powder	½ sachet	1 sachet
<b>balsamic vinegar*</b>	drizzle	drizzle
rocket leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3401kJ (813Cal)	771kJ (184Cal)
Protein (g)	43.8g	9.9g
Fat, total (g)	38.3g	8.7g
- saturated (g)	17.9g	4.1g
Carbohydrate (g)	78g	17.7g
- sugars (g)	3.3g	0.7g
Sodium (mg)	1672mg	379mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4232kJ (1011Cal)	704kJ (168Cal)
Protein (g)	72.4g	12g
Fat, total (g)	50.9g	8.5g
- saturated (g)	21.8g	3.6g
Carbohydrate (g)	78.8g	13.1g
- sugars (g)	3.3g	0.5g
Sodium (mg)	1790mg	298mg

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**.
- Finely chop **garlic**. Thinly slice **portabella mushrooms**.



## Bake the risotto

- Add **arborio rice**, the **water**, **chicken-style stock powder** and **mushroom powder (see ingredients)** to the pan with **mushrooms**. Return **chicken** to the pan (along with any resting juices).
- Bring to the boil, then transfer the **risotto** to a baking dish.
- Cover tightly with foil and bake **risotto** until **chicken** is cooked through, liquid has absorbed and rice is 'al dente', **24-28 minutes**.

**Custom Recipe:** Use a large baking dish for the best results.



## Cook the chicken

- Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned, **3-4 minutes**.
- Season with **salt** and **pepper**, then transfer to a plate (the chicken will finish cooking in step 4).

**Custom Recipe:** If you've doubled your chicken thigh, cook in batches for the best results.



## Make the salad

- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl, then season. Add **rocket leaves** and toss to combine.
- When risotto is done, remove from oven and stir through a splash of **water** (if needed). Stir through the remaining **butter** and half the **grated Parmesan cheese**. Season to taste.



## Start the risotto

- Return the frying pan to high heat, then add half the **butter** and a drizzle of **olive oil**. When oil is hot, cook **mushrooms** until browned, **5 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until softened and fragrant, **1-2 minutes**.



## Serve up

- Divide chicken and mushroom baked risotto between bowls.
- Sprinkle remaining Parmesan over the risotto.
- Serve with balsamic rocket salad. Enjoy!

## Rate your recipe

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