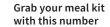


# Garlicky Chicken & Courgette Risotto with Mixed Leaf Salad

KIWI FLAVOURS







Recipe Update

recipe card!

this recipe with risotto-style rice due to local ingredient availability. It'll be just as delicious, just follow your



chicken-style Stock powder



Garlic & Herb Seasoning



Tomato Paste



Courgette



Chicken Thigh



Kiwi Spice Blend





Mixed Salad

Leaves

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



There are plenty of choices for a good risotto out there, but we're positive we have the winning combination of ingredients that will top the lot! Spiced chicken is combined with courgette in a tomato-based sauce for a hearty and warming meal which is sure to satisfy your tastebuds.

#### **Pantry items**

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
risotto-style rice	½ packet	1 packet
water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	2 medium sachets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
courgette	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
butter*	30g	60g
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2528kJ (604Cal)	623kJ (149Cal)
Protein (g)	38.3g	9.4g
Fat, total (g)	31.9g	7.9g
- saturated (g)	13.1g	3.2g
Carbohydrate (g)	47g	11.6g
- sugars (g)	8.8g	2.2g
Sodium (mg)	1210mg	298mg
Dietary Fibre (g)	4.9g	1.2g

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.



#### Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add risotto-style rice (see ingredients) and stir to coat. Add the water, chicken-style stock powder, garlic & herb seasoning, tomato paste and the brown sugar. Stir to combine and cook until fragrant, 1-2 minutes.
- Bring to the boil, then remove from heat. Transfer to a baking dish.
- Cover the baking dish tightly with foil and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.



### Finish the risotto

- Wipe out and return frying pan to high heat with a drizzle of olive oil. When
  oil is hot, cook chicken and courgette, tossing occasionally, until browned
  and cooked through, 5-6 minutes.
- Remove risotto from oven and stir through cooked chicken, courgette
  and the butter. Stir through a splash of water to loosen risotto if needed.
  Season to taste.



## Get prepped

- While the risotto is cooking, slice courgette into half-moons.
- · Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine chicken, Kiwi spice blend, a drizzle of olive oil and a pinch of salt and pepper.



# Serve up

- In a medium bowl, combine mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season to taste.
- Divide garlicky chicken and courgette risotto between bowls.
- Top with rocket salad. Enjoy!

**Little cooks:** Help wash and toss the salad veggies!

TIP: Chicken is cooked through when it's no longer pink inside.







If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

