

# Garlicky Chicken & Courgette Risotto

with Mixed Leaf Salad

KIWI FLAVOURS

Grab your meal kit with this number

35



### Recipe Update

We've replaced the risini in this recipe with risotto-style rice due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Risotto-Style Rice



chicken-style Stock powder



Garlic & Herb Seasoning



Tomato Paste



Courgette



Chicken Thigh



Kiwi Spice Blend



Mixed Salad Leaves



Chicken Breast



Chicken Thigh

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

Calorie Smart

Eat Me Early

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
risotto-style rice	½ packet	1 packet
<b>water*</b>	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
<b>brown sugar*</b>	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
<b>butter*</b>	30g	60g
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*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](https://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.

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



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Follow method above.



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

