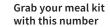


Garlicky Chicken & Courgette Risotto with Mixed Leaf Salad

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

^{*}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.

