



Chicken, Leek & Greens Baked Risotto

with Parmesan Cheese & Flaked Almonds

KID FRIENDLY

Grab your meal kit with this number

4



Leek



Tomato



Chicken Thigh



Classic Roast Seasoning



Risotto-Style Rice



Flaked Almonds



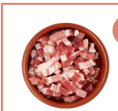
Baby Leaves



Grated Parmesan Cheese



Parsley



Diced Bacon



Grated Parmesan Cheese

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, and we've baked the whole thing in the oven for that magic touch.

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
leek	1	2
tomato	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 large sachet	2 large sachets
risotto-style rice	1 packet	2 packets
water*	2¼ cups	4½ cups
flaked almonds	1 packet	2 packet
baby leaves	1 small packet	1 medium packet
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3201kJ (759cal)	759kJ (180cal)
Protein (g)	43g	10.2g
Fat, total (g)	31.7g	7.5g
- saturated (g)	14.7g	3.5g
Carbohydrate (g)	80.3g	19g
- sugars (g)	5.4g	1.3g
Sodium (mg)	1309mg	310.2mg
Dietary Fibre (g)	3.1g	0.7g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**. Roughly chop **tomato**.
- Cut **chicken thigh** 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**.



Start the risotto

- 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**.

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



Finish the risotto

- When the risotto is done, remove from oven, then stir through the **baby leaves**, **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 **classic roast seasoning**, then return **leek** to the pan and cook, tossing, until fragrant, **1 minute**.
- Add **risotto-style 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**.



Serve up

- Divide baked chicken, leek and greens risotto between bowls.
- Sprinkle over toasted almonds and tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds and parsley!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with leek, breaking up with a spoon, until browned, 4-5 minutes.

+ DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

