



Baked Chicken & Red Pesto Risotto

with Lemon & Garlic Pangrattato

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chicken Breast



Sweetcorn



Calrose Rice



Vegetable Stock



Baby Spinach Leaves



Lemon



Panko Breadcrumbs



Grated Parmesan Cheese



Red Pesto

Hands-on: 30 mins
Ready in: 45 mins

Eat me early

Enjoy all the flavours of a rich and creamy risotto, without standing over the stove for too long! With tender chicken and roasted veggies, this mouth-watering meal will be happily devoured by all.

Unfortunately, this week's courgette was in short supply, so we've replaced it with sweetcorn. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large baking dish

Ingredients

	4 People
olive oil*	refer to method
brown onion	1
garlic	3 cloves
chicken breast	1 packet
sweetcorn	1 tin
calrose rice	2 packets
water*	4 cups
salt*	½ tsp
vegetable stock	1 sachet
baby spinach leaves	1 bag (120g)
lemon	1
panko breadcrumbs	1 packet
grated Parmesan cheese	2 packets (60g)
red pesto	2 packets (200g)
butter*	40g

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4310kJ (1030Cal)	855kJ (204Cal)
Protein (g)	45.0g	8.9g
Fat, total (g)	48.8g	9.7g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	98.0g	19.5g
- sugars (g)	5.3g	1.1g
Sodium (g)	587mg	117mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Cut the **chicken breast** into 2cm chunks. Drain the **sweetcorn**.



2. Start the risotto

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and **chicken** and cook until the onion is softened and the chicken is slightly golden, **3-4 minutes**. Add the **calrose rice**, **sweetcorn** and **1/2 the garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water**, the **salt** and **vegetable stock**. Bring to the boil and cook, stirring, until combined, **2 minutes**.



3. Bake the risotto

Transfer the **risotto** to a large baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **22-24 minutes**.

TIP: *Al dente* means the rice is cooked through but has a tiny bit of firmness left in the middle.



4. Make the pangrattato

While the risotto is baking, roughly chop the **baby spinach leaves**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Wipe out the frying pan and return to a medium-high heat with a **good drizzle of olive oil**. Add the **panko breadcrumbs** and cook, stirring, until golden brown, **3 minutes**. Add the **lemon zest** and **remaining garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl and season with a **pinch of salt** and **pepper**. Set aside.



5. Finish the risotto

When the risotto is done, stir through the **baby spinach** until wilted. Stir through the **grated Parmesan cheese**, **red pesto**, a **squeeze of lemon juice** and the **butter**. Season to taste with **salt** and **pepper**.

TIP: *Add a splash of water to loosen the risotto if needed.*



6. Serve up

Divide the baked chicken and red pesto risotto between bowls. Top with the lemon and garlic pangrattato. Serve with any remaining lemon wedges.

Enjoy!