



Chicken & Leek Baked Risotto

with Parmesan Cheese & Flaked Almonds

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Celery



Courgette



Chicken Breast



Aussie Spice Blend



Arborio Rice



Chicken-Style Stock Powder



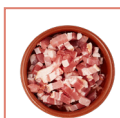
Flaked Almonds



Grated Parmesan Cheese



Parsley



Diced Bacon

Recipe Update

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

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 with leek and celery, then baked in the oven for that magic touch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

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
celery	1 stalk	2 stalks
courgette	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
arborio rice	1 packet	1 packet
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
water*	2 cups	4 cups
flaked almonds	1 packet	2 packets
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3092kJ (739Cal)	704kJ (168Cal)
Protein (g)	47.1g	10.7g
Fat, total (g)	25g	5.7g
- saturated (g)	12.6g	2.9g
Carbohydrate (g)	79.7g	18.1g
- sugars (g)	6g	1.4g
Sodium (mg)	1729mg	393mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3677kJ (879Cal)	751kJ (179Cal)
Protein (g)	55.1g	11.3g
Fat, total (g)	37.2g	7.6g
- saturated (g)	17.1g	3.5g
Carbohydrate (g)	79.7g	16.3g
- sugars (g)	6g	1.2g
Sodium (mg)	2128mg	435mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW17



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek** and **celery**. Grate the **courgette**.
- Cut **chicken breast** 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**, **courgette** and **celery**, until browned and softened, **6-8 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.
- Return 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**.

Custom Recipe: If you've added diced bacon to your meal, cook diced bacon with the veggies, breaking it up with a spoon, until golden, 6-7 minutes. Continue with step.



Finish the risotto

- When the **risotto** is done, remove from oven, then stir through the **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 **Aussie spice blend** and return **veggies** to the pan and cook, tossing, until fragrant, **1 minute**.
- Add **arborio rice**, **chicken-style stock powder** 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 chicken and leek baked risotto between bowls.
- Sprinkle over toasted almonds. Tear over **parsley** to serve. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate