










Chicken & Mushroom Baked Risotto


with Cucumber Salad & Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol




-  Portabello Mushrooms
-  Lemon Pepper Spice Blend
-  Nan's Special Seasoning
-  Arborio Rice
-  Cucumber
-  Mixed Salad Leaves
-  Chicken Breast
-  Grated Parmesan Cheese
-  Diced Bacon

 **Recipe Update**

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **50-60 mins**

 Eat Me Early

For a rich, creamy and delicious risotto without standing over the stove stirring, use your oven! This baked version features mushrooms and chicken for lots of flavour, and has a fresh and easy salad on the side to lighten up the whole meal. Dinner will never be the same again!

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

Pantry items
Olive Oil, Vinegar (White Wine or Balsamic), 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
portabello mushrooms	1 packet	1 packet
chicken breast	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
Nan's special seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
cucumber	1 (medium)	1 (large)
vinegar*		
(white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714Cal)	623kJ (149Cal)
Protein (g)	48g	10g
Fat, total (g)	22.9g	4.8g
- saturated (g)	12.8g	2.7g
Carbohydrate (g)	76.2g	15.9g
- sugars (g)	2.8g	0.6g
Sodium (mg)	1031mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3574kJ (854Cal)	675kJ (161Cal)
Protein (g)	56g	10.6g
Fat, total (g)	35.1g	6.6g
- saturated (g)	17.2g	3.2g
Carbohydrate (g)	76.3g	14.4g
- sugars (g)	2.8g	0.5g
Sodium (mg)	1430mg	270mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **portabello mushrooms**.
- Cut **chicken breast** into 2cm chunks.



Toss the salad

- Meanwhile, thinly slice **cucumber**.
- In a large bowl, combine a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **mixed salad leaves** and **cucumber**, then toss to combine.

Little cooks: Take the lead by tossing the salad!



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **mushrooms**, until browned and softened, **6-8 minutes**. Season and 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, add the bacon with the mushrooms and cook, breaking up bacon with a spoon, until browned, 4-5 minutes. Continue with step.



Finish the risotto

- Remove **risotto** 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, return **mushrooms**, then add **lemon pepper spice blend** and **Nan's special seasoning**, tossing until fragrant, **1 minute**.
- Add **arborio 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 chicken and mushroom baked risotto between bowls.
- Serve with cucumber salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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