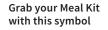


# Chicken & Mushroom Baked Risotto

with Cucumber Salad & Parmesan Cheese

KID FRIENDLY







Portabello Mushrooms



Spice Blend



Nan's Special Seasoning









Cucumber



Chicken Breast



Cheese





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!

#### **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

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	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.



#### 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.



#### 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.



#### 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!



#### 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.



## Serve up

- Divide chicken and mushroom baked risotto between bowls.
- Serve with cucumber salad. Enjoy!

