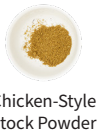
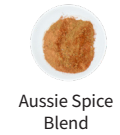




# Easy Chicken, Leek & Silverbeet Risotto

with Grated Parmesan

Grab your Meal Kit with this symbol



Hands-on: **10-20 mins**  
 Ready in: **40-50 mins**

Eat Me Early

Pop on your uggies, pull out your favourite blanket and get super cosy with the ultimate comfort dish. With tender chicken, punchy garlic paste and Parmesan, we're betting you'll be in love with this risotto way before the last bite.

## 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 · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
silverbeet	1 bag	1 bag
carrot	1	2
chicken breast strips	1 packet	1 packet
arborio rice	1 packet	1 packet
garlic paste	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
boiling water*	2 cups	4 cups
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	690kJ (164Cal)
Protein (g)	45.1g	8.7g
Fat, total (g)	30.3g	5.8g
- saturated (g)	14g	2.7g
Carbohydrate (g)	97.2g	18.7g
- sugars (g)	8.6g	1.7g
Sodium (mg)	2221mg	428mg

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](https://www.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 **240°C/220°C fan-forced**. Thinly slice **leek**. Roughly chop **silverbeet**. Roughly chop **carrot**. Cut **chicken breast strips** into 2cm chunks.



## Finish the risotto

- When the **risotto** is done, stir through **butter** and season to taste.

**TIP:** If the risotto is dry, add a splash of water and stir through.



## Start & bake the risotto

- Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken, leek** and **carrot**, tossing, until starting to brown, **4-6 minutes**.
- Add **arborio rice, garlic paste** and **Aussie spice blend** to pan and cook, stirring, until fragrant, **1 minute**. Remove from heat, then add **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken-style stock powder** and **silverbeet**.
- Stir to combine, then transfer **risotto mixture** to a baking dish. Cover tightly with foil and bake until liquid has been absorbed and rice is 'al dente', **24-28 minutes**.



## Serve up

- Divide chicken, leek and silverbeet risotto between bowls.
- Top with **grated Parmesan cheese**.

## Enjoy!