

Easy Chicken, Asparagus & Silverbeet Risotto

with Parmesan

Grab your Meal Kit with this symbol



Silverbeet



Carrot



Asparagus



Lemon



Chicken Breast Strips



Arborio Rice



Garlic Paste



Aussie Spice Blend



Chicken-Style Stock Powder



Grated Parmesan Cheese

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

Eat Me Early

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
silverbeet	1 bunch	1 bunch
carrot	1	2
asparagus	1	2
lemon	½	1
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 (5g)	1 sachet (10g)
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	495kJ (118Cal)
Protein (g)	47g	7.7g
Fat, total (g)	30.6g	5g
- saturated (g)	14.2g	2.3g
Carbohydrate (g)	93.3g	15.4g
- sugars (g)	6.8g	1.1g
Sodium (mg)	1740mg	286mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Roughly chop **silverbeet**. Roughly chop **carrot**. Trim woody ends of **asparagus** and cut into thirds. Cut **lemon** into wedges. Cut **chicken breast strips** into 2cm chunks.



Finish the risotto

- When the risotto is done, stir through the **butter**, then add a squeeze of **lemon juice**. Season to taste.

TIP: If the risotto is dry, stir through a splash more water.



Bake the risotto

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken** and **carrot**, tossing, until starting to brown, **4-6 minutes**.
- Add **arborio rice**, **garlic paste** and **Aussie spice blend** and cook, stirring, until fragrant, **1 minute**.
- Remove from heat, then add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken-style stock powder** and **silverbeet**. Stir to combine, then transfer the **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**.
- In the last **10 minutes** of cook time, add **asparagus** and continue cooking.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

- Divide chicken, asparagus and silverbeet risotto between bowls.
- Top with **grated Parmesan cheese**. Serve with any remaining lemon wedges.

Enjoy!