



CHICKEN, MUSHROOM & THYME BAKED RISOTTO

with Rocket Salad



Make a hands-off risotto in the oven



Brown Onion



Garlic



Thyme



Chicken Thigh



Sliced Mushrooms



Arborio Rice



Chicken Stock



Cucumber



Rocket Leaves



Balsamic Vinaigrette Dressing



Grated Parmesan Cheese

Hands-on: **25 mins**
Ready in: **55 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

For a creamy, delicious and rich risotto without standing over the stove stirring, use your oven! This baked version uses mushrooms and chicken thigh 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 Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium baking dish**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Cut the **chicken thigh** into 2cm chunks.



2 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Once hot, add the **chicken thigh** and cook, tossing occasionally, until browned, **3-4 minutes**. Season with a **pinch** of **salt** and **pepper** and transfer to a plate (the chicken will finish cooking in step 4).



3 START THE RISOTTO

Return the pan to a high heat and add **1/2** the **butter** and a **drizzle** of **olive oil**. When the oil is hot, add the **sliced mushrooms** and cook until browned, **5 minutes**. **TIP:** Allow the mushrooms to brown and develop flavour by only stirring once or twice. Add the **onion, garlic** and **thyme** and cook until softened and fragrant, **3-4 minutes**.



4 BAKE THE RISOTTO

Add the **arborio rice**, the **water** and crumbled **chicken stock** cubes to the pan with the mushrooms. Return the **chicken** to the pan (along with any **resting juices**). Bring to the boil, then transfer the risotto into a medium baking dish. Cover with foil and bake until the liquid has absorbed and the rice is 'al dente', **24-28 minutes**. Halfway through cooking, stir through a **splash** of **water**.



5 MAKE THE SALAD

While the risotto is cooking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the cucumber and **rocket leaves**. Just before serving, add the **balsamic vinaigrette dressing** and toss to coat. When the risotto is done, stir in the **grated Parmesan cheese** and the **remaining butter**. Season to taste with **salt** and **pepper**. **TIP:** Beating Parmesan and butter into risotto is an Italian technique called 'mantecatura', and it helps create an extra creamy texture.



6 SERVE UP

Divide the chicken, mushroom and thyme risotto and rocket salad between bowls.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
butter*	40 g	80 g
sliced mushrooms	1 pack (150 g)	1 pack (300 g)
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
chicken stock	2 cubes	4 cubes
cucumber	1	2
rocket leaves	1 bag (30 g)	1 bag (60 g)
balsamic vinaigrette dressing	1 tub	2 tubs
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3880kJ (926Cal)	654kJ (156Cal)
Protein (g)	50.6g	8.5g
Fat, total (g)	37.6g	6.3g
- saturated (g)	18.6g	3.1g
Carbohydrate (g)	89.4g	15.1g
- sugars (g)	8.6g	1.5g
Sodium (g)	587mg	99mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK13

