

# Chicken & Red Pesto Risotto

with Lemon & Parmesan

Grab your Meal Kit with this symbol



Onion



Garlic



Zucchini



Chicken Breast



Arborio Rice



Chicken-Style Stock Powder



Mixed Leaves



Lemon



Grated Parmesan Cheese



Red Pesto

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: **20-30 mins**  
Ready in: **35-45 mins**

 **Naturally Gluten-Free**  
*Not suitable for coeliacs*

 Eat Me Early

Pop on your uggies, pull out your favourite blanket and get super cosy with the ultimate autumn comfort dish. With tender chicken and punchy red pesto, there's no way you won't fall in love with this risotto.

### 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
onion	½	1
garlic	2 cloves	4 cloves
zucchini	1	2
chicken breast	1 small packet	1 large packet
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
chicken-style stock powder	1 medium sachet	1 large sachet
mixed leaves	1 small bag	1 medium bag
lemon	½	1
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (100g)	2 packets (200g)
butter*	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3996kJ (955Cal)	722kJ (172Cal)
Protein (g)	50.8g	9.2g
Fat, total (g)	45.4g	8.2g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	82.5g	14.9g
- sugars (g)	10.9g	2g
Sodium (mg)	1066mg	193mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 **220°C/200°C fan-forced**. Finely chop **onion** (see ingredients). Finely chop **garlic**. Thinly slice **zucchini** into half-moons. Cut **chicken breast** into 2cm chunks.

**Little cooks:** *Don your goggles and help peel off the onion's outer layer!*



## Start the risotto

In a large frying pan, heat a drizzle of olive oil over high heat. Cook **onion** and **chicken** until chicken is slightly golden, **3-4 minutes**. Add **arborio rice** and **garlic** and cook, stirring, until fragrant, **1 minute**. Add **zucchini**, the **water**, the **salt** and **chicken-style stock powder**. Bring to the boil and cook, stirring, until combined, **2 minutes**.



## Bake the risotto

Transfer **risotto** to a baking dish, then cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.



## Get prepped

While the risotto is baking, roughly chop **mixed leaves**. Zest **lemon** to get a good pinch, then slice into wedges.



## Finish the risotto

When the risotto is ready, stir through **mixed leaves** until wilted. Stir through **grated Parmesan cheese**, **red pesto**, **lemon zest**, a squeeze of **lemon juice** and the **butter**. If needed, stir through a splash of **water**. Season with **salt** and **pepper** to taste.

**Little cooks:** *Lend a hand by squeezing over some lemon juice (be careful, the baking dish is hot!).*



## Serve up

Divide the chicken and red pesto risotto between bowls. Serve with any remaining lemon wedges.

**Enjoy!**

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