

BAKED CHICKEN RISOTTO

with Caramelised Cherry Tomatoes



If you don't have time for standing at the stove stirring, this baked risotto is for you! With chunks of tender chicken, sweet

balsamic roasted tomatoes and leafy baby spinach, it comes together in the oven for a comforting bowl that feels like no



Master a no-stir risotto cooking method





Brown Onion





Chicken Thigh



Arborio Rice



Chicken Stock





Cherry Tomatoes

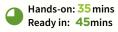


Grated Parmesan





Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Butter







Not suitable for Coeliacs

work at all.



GET PREPPED Preheat the oven to 220°C/200°C fanforced. Finely chop the garlic (or use a garlic press). Thinly slice the brown onion. Cut the **chicken thigh** into 2cm chunks. Zest the lemon to get a pinch then cut into wedges.



START THE RISOTTO In a large frying pan, heat a drizzle of olive oil over a high heat. Add the onion and **chicken** and cook until the chicken is golden, **4-5 minutes**. Add the **garlic**, **lemon** zest and arborio rice and cook, stirring, until fragrant, 1 minute. Add the water, the salt and crumbled chicken stock (1 1/2 cubes for 2 people / 3 cubes for 4 people). Bring to the boil and cook, stirring, until combined, 2 minutes.



BAKE THE RISOTTO Transfer the risotto to a medium baking dish. Cover tightly with foil and bake until the rice is tender and the water has absorbed, 24-28 minutes. Stir through a splash of water if the risotto looks dry.



ROAST THE CHERRY TOMATOES While the risotto is baking, place the cherry tomatoes on an oven tray lined with baking paper. Add the balsamic vinegar, brown sugar and a generous drizzle of olive oil and toss to coat. Roast until tender and caramelised, 18-20 minutes.



FINISH THE RISOTTO Pick and thinly slice the **basil** leaves (reserve some whole leaves for garnish). Remove the baking dish from the oven and stir through the butter and grated Parmesan cheese until melted. Stir in the sliced basil and baby spinach leaves until just wilted. Add the caramelised cherry tomatoes and a squeeze of **lemon juice** and stir to combine. Season to taste with salt and pepper. *TIP: Seasoning is key in this dish, so add more lemon juice, salt or pepper if you think it needs it!



SERVE UP Divide the baked chicken and caramelised cherry tomato risotto between bowls. Top with reserved basil leaves and serve with any remaining lemon wedges.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
chicken thigh	1 packet	1 packet
lemon	1	2
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
salt*	⅓ tsp	½ tsp
chicken stock	1½ cubes	3 cubes
cherry tomatoes	½ punnet	1 punnet
balsamic vinegar*	1 tsp	2 tsp
brown sugar*	2 tsp	1 tbs
basil	1 punnet	1 punnet
butter*	20g	40g
grated Parmesan cheese	2 packets (60 g)	4 packets (120 g)
baby spinach leaves	1 bag (90 g)	1 bag (180 g)

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3640kJ (870Cal)	644kJ (154Cal)
Protein (g)	53.9g	9.5g
Fat, total (g)	27.4g	4.8g
- saturated (g)	15.6g	2.8g
Carbohydrate (g)	91.4g	16.2g
- sugars (g)	10.5g	1.9g
Sodium (g)	881mg	156mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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