



BAKED CHICKEN RISOTTO

with Caramelised Cherry Tomatoes



Master a no-stir risotto cooking method



Garlic



Brown Onion



Chicken Thigh



Lemon



Arborio Rice



Chicken Stock



Cherry Tomatoes



Basil



Grated Parmesan Cheese



Baby Spinach Leaves

Hands-on: **35 mins**
Ready in: **45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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 work at all.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, 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** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.



2 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**.



3 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.



4 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**.



5 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!*



6 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!

2 | 4 PEOPLE 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*	¼ 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](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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