



BAKED CHICKEN & CAMELISED CHERRY TOMATO RISOTTO

with Parmesan & Basil



Caramelize cherry tomatoes in the oven!



Cherry Tomatoes



Garlic



Brown Onion



Chicken Thigh



Arborio Rice



Chicken Stock



Baby Spinach Leaves



Grated Parmesan Cheese



Basil

Hands-on: **30** mins
Ready in: **50** mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

When our recipe developers first whipped this one up, we all gathered close. "It's...it's beautiful!" someone exclaimed. And it was. Let's just say when we tasted it, we weren't disappointed. Enjoy!

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** • **large baking dish** • **oven tray** lined with **baking paper**



1 GET PREPPED

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



2 START THE RISOTTO

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **brown onion** and **chicken thigh** and cook for **4-5 minutes**, or until the chicken is golden. Add the **garlic** and **arborio rice** and cook, stirring, for **1 minute** or until fragrant. Add the **water** and the **salt** and crumble in the **chicken stock** cubes. Bring to the boil.



3 BAKE THE RISOTTO

Transfer the **risotto** to a large baking dish. Cover tightly with foil and bake for **24-28 minutes**, or until the liquid has absorbed and the rice is 'al dente'. Halfway through cooking, stir through a splash of water.



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 **1 tbs** of **olive oil**. Toss to coat. Roast for **20-25 minutes** or until blistered and caramelised.



5 FINISH OFF THE RISOTTO

Remove the risotto from the oven and stir through the **baby spinach leaves**, **butter**, **grated Parmesan cheese** and roasted **cherry tomatoes**. Tear in the **basil** leaves (reserve some whole leaves for garnish!). Season to taste with **salt** and **pepper**.

TIP: *Seasoning is key in this dish, so taste and season again with more salt or pepper if you like!*



6 SERVE UP

Divide the chicken and caramelised cherry tomato risotto between bowls. Garnish with any reserved basil leaves.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	2
garlic	4 cloves
chicken thigh	1 packet
arborio rice	2 packets
water*	4 cups
salt*	½ tsp
chicken stock	2 cubes
cherry tomatoes	1 punnet
balsamic vinegar*	1 tbs
brown sugar*	1 tbs
baby spinach leaves	1 bag (180 g)
butter*	40 g
grated Parmesan cheese	4 packets (120 g)
basil	1 punnet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3650kJ (871Cal)	642kJ (153Cal)
Protein (g)	53.9g	9.5g
Fat, total (g)	27.3g	4.8g
- saturated (g)	15.6g	2.8g
Carbohydrate (g)	91.6g	16.1g
- sugars (g)	10.7g	1.9g
Sodium (g)	832mg	147mg

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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