



Easy Chicken & Veggie Risotto

with Parmesan & Flaked Almonds

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Celery



Carrot



Chicken Tenderloins



Arborio Rice



Garlic Paste



Aussie Spice Blend



Chicken Stock Pot



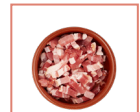
Baby Spinach Leaves



Parmesan Cheese



Flaked Almonds



Diced Bacon

Prep in: 10-20 mins
Ready in: 40-50 mins

Eat Me Early

If you don't have time for standing at the stove stirring, this baked risotto is for you! With chunks of tender chicken, sweet carrot and leafy baby spinach, it comes together in the oven for a comforting bowl that feels like no work at all.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 medium bag	1 large bag
carrot	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
arborio rice	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	2 medium sachets
boiling water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	2 packets (40g)
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	30g
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3157kJ (755Cal)	678kJ (162Cal)
Protein (g)	50.8g	10.9g
Fat, total (g)	24.1g	5.2g
- saturated (g)	9.9g	2.1g
Carbohydrate (g)	82.5g	17.7g
- sugars (g)	8.8g	1.9g
Sodium (mg)	1459mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	694kJ (166Cal)
Protein (g)	57.7g	11.3g
Fat, total (g)	30.8g	6g
- saturated (g)	12.4g	2.4g
Carbohydrate (g)	83.3g	16.3g
- sugars (g)	9.3g	1.8g
Sodium (mg)	1890mg	370mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Brown the chicken & veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Finely chop **celery**. Cut **carrot** into half moons. Cut **chicken tenderloins** into bite-sized chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken, celery** and **carrot**, tossing, until starting to brown, **4-6 minutes**.

Custom Recipe: If you've added diced bacon, cook diced bacon with chicken and veggies, breaking up with a spoon, until golden, 4-6 minutes.

3



Finish the risotto

- When the risotto is done, stir through **baby spinach leaves** and the **butter**. Season to taste.

TIP: If the rice is dry, add a splash of water and stir through.

2



Bake the risotto

- Add **arborio rice**, **garlic paste** and **Aussie spice blend** to the frying pan and cook, stirring, until fragrant, **1 minute**. Remove from the heat, then add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and **chicken stock pot**. Stir to combine, then transfer the **risotto mixture** to a baking dish.
- Cover tightly with foil and bake until the liquid has been absorbed and the rice is 'al dente', **24-28 minutes**.

4



Serve up

- Divide the chicken and veggie risotto between bowls.
- Top with **Parmesan cheese** and **flaked almonds** to serve. Enjoy!

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