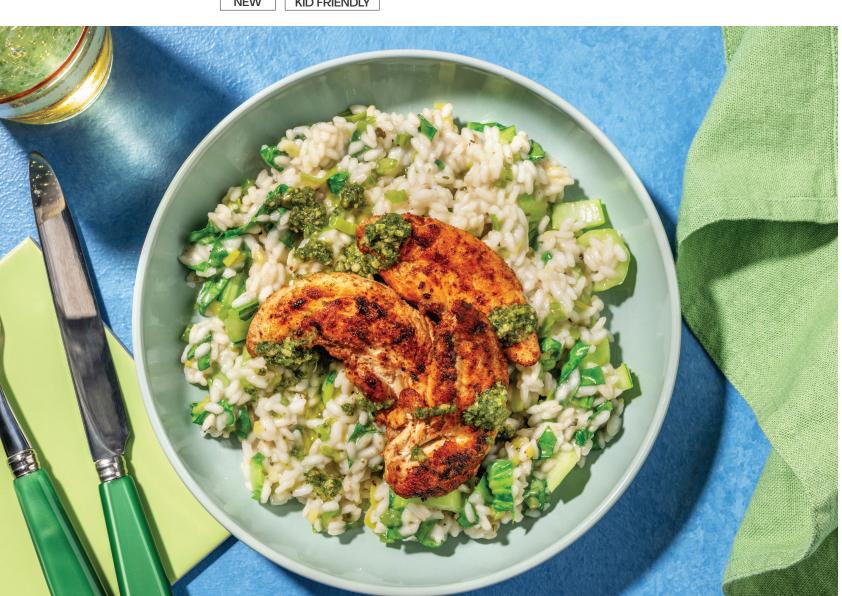
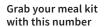


# Spiced Chicken & Parmesan Leek Risotto with Silverbeet & Basil Pesto

**NEW** 

KID FRIENDLY













Silverbeet



Blend



**Chicken Tenderloins** 





Garlic & Herb Seasoning



Parmesan Cheese



Basil Pesto





Prep in: 20-30 mins Ready in: 40-50 mins



Creamy risotto and spiced chicken are a match made in heaven in this classic, hearty dish. A little patience with the risotto is truly worth it for this rich and luxurious meal! Don't forget a drizzle of basil pesto to really bring the flavours to life.

**Pantry items** 

Olive Oil

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large baking dish

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
celery	1 medium packet	1 large packet
silverbeet	1 medium packet	2 medium packets
Aussie spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
risotto-style rice	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
salt*	½ tsp	1 tsp
Parmesan cheese	1 medium packet	1 large packet
basil pesto	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3205kJ (766Cal)	707kJ (168Cal)
Protein (g)	52.8g	11.6g
Fat, total (g)	21.9g	4.8g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	86.2g	19g
- sugars (g)	7.8g	1.7g
Sodium (mg)	2297mg	507mg
Dietary Fibre (g)	8g	1.8g

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.



## Get prepped

- Boil the kettle. Preheat oven to 220°C/200°C fan-forced.
- · Thinly slice leek.
- Finely chop celery.
- Roughly chop silverbeet.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken tenderloins, turning to coat.



### Start the risotto

- · Heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook **leek** and **celery**, stirring, until softened, 4-5 minutes.
- Add risotto-style rice and garlic & herb **seasoning**, then cook, stirring, until fragrant, 1 minute.



#### Bake the risotto

- Remove pan from heat, then stir in the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and salt.
- Transfer **risotto** to a large baking dish. Cover tightly with foil.
- Bake until the liquid is absorbed and rice is 'al dente', 24-28 minutes.

**TIP:** 'Al dente' rice is cooked through but still slightly firm in the centre.



#### Cook the chicken

- When risotto has 10 minutes remaining, wash out frying pan and return to medium-high heat with a drizzle of olive oil.
- · Cook chicken until browned and cooked through, 3-4 minutes each side.

**TIP:** Chicken is cooked through when it is no longer pink inside.



## Finish the risotto

- · Remove risotto from oven.
- · Stir in Parmesan cheese and silverbeet, until combined. Season with pepper.



## Serve up

- Divide Parmesan leek risotto between bowls.
- Top with spiced chicken and drizzle over basil pesto to serve. Enjoy!









**ADD DICED BACON** 

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

