



# Spiced Chicken & Parmesan Leek Risotto

with Silverbeet & Basil Pesto

NEW

KID FRIENDLY

Grab your meal kit with this number

40



Leek



Celery



Silverbeet



Aussie Spice Blend



Chicken Tenderloins



Risotto-Style Rice



Garlic & Herb Seasoning



Parmesan Cheese



Basil Pesto



Chicken Tenderloins



Diced Bacon

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

Eat Me Early

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
<b>olive oil*</b>	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
<b>boiling water*</b>	2 cups	4 cups
<b>salt*</b>	½ tsp	1 tsp
Parmesan cheese	1 medium packet	1 large packet
basil pesto	1 packet	2 packets

\*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](https://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.



## 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.



## 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**.



## Finish the risotto

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



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



### CUSTOM OPTIONS



#### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



#### 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.

