

# Tender Chicken & Veggie Risotto

with Parmesan & Flaked Almonds

KID FRIENDLY

Grab your meal kit with this number

12



Celery



Carrot



Brown Onion



Chicken Tenderloins



Risotto-Style Rice



Garlic Paste



Aussie Spice Blend



Chicken Stock Pot



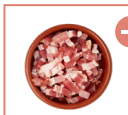
Baby Spinach Leaves



Parmesan Cheese



Flaked Almonds



Diced Bacon



Parmesan Cheese

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

Eat Me First

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.

**Pantry items**

Olive Oil, Butter

## 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 · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
celery	1 medium packet	1 large packet
carrot	1	2
brown onion	½	1
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
risotto-style rice	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	2 medium sachets
<b>boiling water*</b>	2 cups	4 cups
chicken stock pot	1 small packet	1 medium packet
baby spinach leaves	1 medium packet	1 large packet
<b>butter*</b>	20g	30g
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (393cal)	393kJ (63cal)
Protein (g)	37.6g	6g
Fat, total (g)	26.6g	4.3g
- saturated (g)	13.7g	2.2g
Carbohydrate (g)	45.4g	7.3g
- sugars (g)	15.3g	2.5g
Sodium (mg)	1098mg	176mg
Dietary Fibre (g)	10.3g	1.7g

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.

1



## Brown the chicken & veggies

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

3



## Finish the risotto

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

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

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

2



## Bake the risotto

- Add **risotto-style 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**.

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

4



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS

#### + ADD DICED BACON

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

#### + DOUBLE PARMESAN CHEESE

Follow method above.

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

