

Thai Curry Chicken Risotto

with Veggies & Crispy Shallots

NEW

Grab your meal kit with this number

40



Zucchini



Carrot



Lime



Chicken Thigh



Mild Thai Red Curry Paste



Risotto-Style Rice



Coconut Milk



Chicken Stock Pot



Baby Spinach Leaves



Crispy Shallots



Chicken Thigh



Chicken Breast

Prep in: 25-35 mins
Ready in: 45-55 mins

 Eat Me Early

Finishing tonight's risotto in the oven means minimal elbow work and maximum flavour, with the starchy rice soaking up all the delicious flavours from mild curry chicken and veggies stirred through with soy and lime. This is a fusion dish like no other!

Pantry items

Olive Oil, Soy Sauce

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 |
| zucchini | 1 | 2 |
| carrot | 1 | 2 |
| lime | ½ | 1 |
| chicken thigh | 1 medium packet | 2 medium packets OR 1 large packet |
| mild Thai red curry paste | 1 packet | 2 packets |
| risotto-style rice | 1 medium packet | 1 large packet |
| coconut milk | 1 packet | 2 packets |
| water* | 2 cups | 4 cups |
| chicken stock pot | 1 small packet | 1 medium packet |
| soy sauce* | 1 tsp | 2 tsp |
| baby spinach leaves | 1 small packet | 1 medium packet |
| crispy shallots | 1 medium sachet | 1 large sachet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3372kJ (806cal) | 629kJ (117cal) |
| Protein (g) | 42.2g | 7.9g |
| Fat, total (g) | 34.1g | 6.4g |
| - saturated (g) | 20.6g | 3.8g |
| Carbohydrate (g) | 89.8g | 16.8g |
| - sugars (g) | 13.6g | 2.5g |
| Sodium (mg) | 1957mg | 365.1mg |
| Dietary Fibre (g) | 6.7g | 1.3g |

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

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** and **carrot** into half-moons.
- Slice **lime** into wedges.
- Cut **chicken thigh** into 2cm chunks.



Bake the risotto

- Transfer **risotto** to a large baking dish.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**. Season to taste.

TIP: Stir through a splash of water to loosen risotto if needed.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing, until browned, **5-6 minutes**.

TIP: The chicken will continue cooking in step 3!



Finish the risotto

- When risotto has **5 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **zucchini** and **carrot**, tossing, until tender, **4-5 minutes**.
- Remove **risotto** from the oven. Stir through the **soy sauce** and a squeeze of **lime juice**.
- Add **zucchini**, **carrot** and **baby spinach leaves**, stirring, until wilted, **1 minute**.



Start the risotto

- Reduce heat to medium-high, then add an extra drizzle of **olive oil** to the pan. Add **mild Thai red curry paste** and cook, stirring until fragrant, **1 minute**.
- Add **risotto-style rice**, **coconut milk**, the **water**, and **chicken stock pot** to the pan. Bring to the boil and cook, stirring, until combined, **2 minutes**.



Finish & serve

- Divide Thai curry chicken risotto between plates.
- Garnish with **crispy shallots**.
- Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

