

Baked Chicken & Lemon Risotto

with Garlic Pangrattato & Pear Salad

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Chicken Breast



Italian Herbs



Arborio Rice



Chicken Stock Pot



Lemon



Pear



Panko Breadcrumbs




Mixed Salad Leaves



Sour Cream

 Hands-on: 20-30 mins
Ready in: 40-50 mins

 Eat me early

Few things are as comforting as risotto. This delightful dish has everything you want and more – tasty chicken, Italian herbs and zesty lemon. Top it off with a garlic pangrattato for added crunch, and you've got pure happiness in a bowl.

Pantry items

Olive Oil, White Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken breast	1 small packet	1 large packet
Italian herbs	1 sachet	2 sachets
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
chicken stock pot	1 tub (40g)	2 tubs (80g)
lemon	½	1
pear	½	1
panko breadcrumbs	½ packet	1 packet
white wine vinegar*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3637kJ (869Cal)	792kJ (189Cal)
Protein (g)	44.4g	9.7g
Fat, total (g)	35.4g	7.7g
- saturated (g)	15.3g	3.3g
Carbohydrate (g)	88.7g	19.3g
- sugars (g)	11.4g	2.5g
Sodium (mg)	1497mg	326mg

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 the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Cut the **chicken breast** into 2cm chunks.



Make the garlic pangrattato

While the risotto is baking, zest the **lemon** and slice into wedges. Thinly slice the **pear** (see ingredients). Wipe out the frying pan and return to a medium-high heat with a good drizzle of **olive oil**. Add the **panko breadcrumbs** to the pan and cook, stirring, until golden, **3-4 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste and set aside.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **chicken** and cook until golden, **4-5 minutes**. Add the **Italian herbs** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to combine. Add the **water** and **chicken stock pot**. Bring to the boil and cook, stirring, until combined, **2 minutes**.



Bring it all together

In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **pear** and **mixed salad leaves** and toss to coat. Set aside. Remove the baking dish from the oven and add the **butter**, **spinach**, a generous squeeze of **lemon juice** and a good pinch of **lemon zest**. Stir through the **sour cream** and season to taste.

TIP: Add more or less lemon juice to taste.



Bake the risotto

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

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



Serve up

Divide the chicken and lemon risotto between plates and top with the garlic pangrattato. Serve with any remaining lemon wedges and the pear salad.

Enjoy!