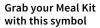


# Baked Chicken & Lemon Risotto

with Garlic Pangrattato & Pear Salad













Chicken Breast

Italian Herbs



Arborio Rice

Chicken Stock



Lemon





Panko Breadcrumbs

Mixed Salad Leaves



Sour Cream

**Pantry items** 

Olive Oil, White Wine Vinegar, Butter



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



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.

### 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	1/2	1
pear	1/2	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)

**<sup>★</sup>**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.



#### 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.



#### 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.



# Make the garlic pangrattato

While the risotto is baking, zest the **lemon** and slice into wedges. Thiny slice the **pear** (see ingredients). Wipe out the frying pan and return to a mediumhigh 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.



# 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 though the sour cream and season to taste.

TIP: Add more or less lemon juice to taste.



# 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!