

Webfid00331hero chickenvegerisotto 247

## Chicken and Vegetable Risotto

with Bacon



20-30min



4 Portions

Perfect for the cooler autumn nights, this is comfort food at its best! It just takes a few simple ingredients and a little time spent stirring the rice - as it absorbs the stock, the rice becomes wonderfully creamy, and you'll love the flavour of the chicken, greens and crispy bacon!

## What we send

- green peas
- arborio rice
- bacon
- 2 garlic cloves and thyme
- parmesan <sup>7</sup>
- green beans
- free-range chicken breast fillet
- chicken stock
- onion

## What you'll require

- olive oil
- salt and pepper

## Utensils

- grater
- large frypan
- medium saucepan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If preferred, the chicken can be served on top or to the side of the risotto.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 670.0kcal, Fat 20.8g, Proteins 50.1g, Carbs 66.8g



### 1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Cut **bacon** into small pieces. Cut **thyme** sprigs in half. Place **chicken stock** in a medium saucepan with 560ml (2¼ cups) water. Cover and bring to a simmer.



### 2. Start risotto

Heat 1 tbs **oil** in a large frypan over medium heat. Cook the **bacon** for 3-5 mins until crispy and golden. Remove from pan and set aside. In the same pan, cook the **onion** and half the **garlic** for 5 mins or until the onion has softened. Add half the bacon back to the pan, reserving the remainder for garnish.



### 3. Start adding stock

Add **rice** and **thyme** and stir to coat in the **onion mixture**. Lower the heat. Add 250ml (1 cup) of **hot stock** and gently stir. Simmer for 5 mins or until the stock has been absorbed. Add another cupful of stock, stir and leave to simmer, adding remaining stock as previous stock is absorbed. This should take 20 mins, until rice is almost tender.



### 4. Cook chicken

Meanwhile, cut the **chicken** into bite-sized pieces. Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the chicken and remaining **garlic** for 4-5 mins until light golden and cooked through.



### 5. Prepare vegetables

Trim ends of **beans** and cut into 1-2cm lengths. Finely grate the **parmesan**.



### 6. Finish risotto

Stir the **beans** into the **risotto** and simmer for another 5 mins until **rice** is tender and beans are cooked through. Stir through **peas, chicken** (see cooking tip) and **half the parmesan** and remove from heat. Stand for 2 mins. Season to taste with **sea salt and pepper** and scatter over remaining **bacon** and parmesan.