
Autumn Chicken and Vegetable Risotto



30-40min



4 Portions

As the weather starts to cool, it's time to tuck into recipes like this simple, generous risotto. Gradually add the stock and keep stirring, and you'll be rewarded with tender, creamy rice which needs nothing more than to be served with easy grilled chicken and a sprinkling of parmesan.

What we send

- carrot
- parmesan ⁷
- thyme, parsley and 2 garlic cloves
- green peas
- onion
- free-range chicken breast fillet
- arborio rice
- roma tomato
- chicken stock

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- salt and pepper

Utensils

- foil
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 620kcal, Fat 13.1g, Carbs 73.2g, Proteins 48.7g



1. Prepare ingredients

Preheat oven grill to medium-high. Finely chop the **onion** and **garlic**. Dice the **carrots**. Place the **chicken stock** and 875ml (3½ cups) water in a medium saucepan over high heat. Bring to a simmer, then cover, reduce heat to low and keep at a very low simmer. Finely dice the **tomato**.



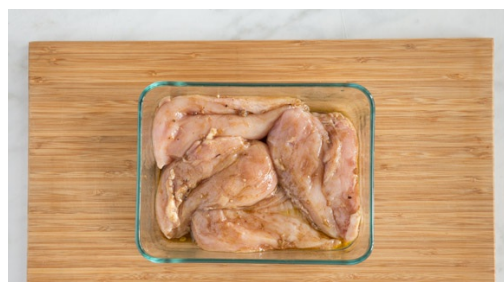
2. Start cooking risotto

Heat 1 tbs **oil** in a large deep frypan over medium heat. Cook the **onion**, **carrot** and ¾ of the **garlic** for 4-5 mins until softened. Add the **rice** and **thyme** and stir to coat. Add 2 ladlefuls of the **hot stock**, stir, then simmer for 5 mins.



3. Add stock

Continue adding **stock**, stirring occasionally, until the stock is used up and the **rice** is tender but not dry (this should take 20-25 mins).



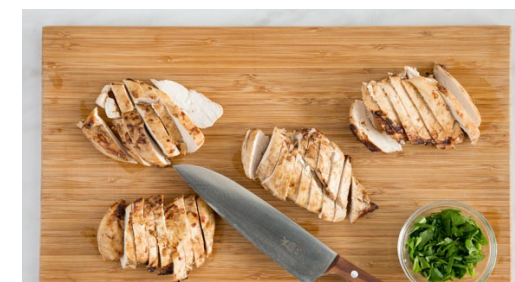
4. Cook chicken

Combine 1 tbs **oil** with 2 tsp **balsamic vinegar** and **remaining garlic** in a medium bowl. Season with **sea salt and pepper**, if liked. Add the **chicken** and turn to coat. Line an oven tray with foil. Place chicken on tray and place under grill about 5-6cm away from heat source. Cook chicken, turning halfway, for 5-6 mins each side until cooked through.



5. Finish risotto

When all the **stock** has been added to the **risotto**, stir in the **tomato** and **peas** and cook, covered, for a further 2-3 mins. Pick the **parsley** leaves (discard stems) and coarsely chop. Finely grate the **parmesan**.



6. Get ready to serve

Thinly slice the **chicken**. Stir the **parsley** through the **risotto**. Divide risotto between bowls, top with sliced **chicken** and scatter over **parmesan**, if liked.