

MARLEY SPOON



Chicken and Leek Risotto

with Rosemary



30-40min



2 Portions

The addition of fragrant rosemary to the classic combination of sweet leek and creamy rice takes risotto to the next level. Paired with chargrilled chicken, a generous serve of parmesan and a handful of baby spinach leaves, which wilts in the warmth of the rice, it's a knockout cool weather meal.

What we send

- chicken-style stock cube
- red onion
- arborio rice
- baby spinach leaves
- rosemary
- 1 garlic clove
- free-range chicken tenderloins
- leek
- carrot
- parmesan ⁷

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- box grater
- medium deep frypan or saucepan with lid

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

Cooking tip

Prior to chopping, give the leek a good rinse under running water to remove any hidden dirt. ~In keeping with our nutritional guidelines, we suggest using half the parmesan; use it all if you wish.

Allergens

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

Nutrition per serving

Energy 730kcal, Fat 26.7g, Carbs 67.1g, Proteins 46.2g



1. Prepare vegetables

Read through the recipe. Peel and quarter the **carrot** lengthwise, then cut into 1cm chunks. Discard the dark green part of the **leek** then cut the pale part into 1cm chunks (see cooking tip). Finely chop the **onion**. Crush or finely chop the **garlic**. Finely chop **half the rosemary leaves****, discarding the stems.



2. Cook vegetables

Heat **20g butter** and **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **carrot, leek, onion, garlic** and **rosemary**, stirring occasionally, for 3 mins or until softened.



3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to dissolve.



4. Start risotto

Add the **rice** to the vegetables and cook, stirring, for 1-2 mins until grains are well coated. Add the **stock**, reduce heat to low and cook, covered, for 15 mins or until most of the liquid is absorbed and the rice is almost tender. Stand for 5 mins. Meanwhile, finely grate **half the parmesan**** (see cooking tip).



5. Cook chicken

Once the risotto has been cooking for 10 mins, heat a chargrill pan over medium-high heat. Put the **chicken** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat. Cook the chicken for 2 mins each side or until golden and cooked through. Remove from the pan and rest for 3 mins.



6. Finish risotto

Stir the **spinach** and **half the parmesan** into the risotto. Taste, then season with **salt and pepper**. Remove the pan from the heat then cover and stand for 5 mins. Cut the **chicken** into large pieces. Divide the **risotto** and **chicken** among bowls then scatter with the **remaining parmesan** to serve.