

# MARLEY SPOON



## Chicken and Leek Risotto

with Rosemary



30-40min



4 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

- parmesan <sup>7</sup>
- free-range chicken tenderloins
- chicken-style stock cube
- arborio rice
- red onion
- leek
- carrot
- rosemary
- 2 garlic cloves
- 150g baby spinach leaves

## What you'll require

- boiling water
- butter <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- box grater

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.

### Allergens

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

### Nutrition per serving

Energy 730kcal, Fat 26.7g, Carbs 67.2g, Proteins 46.2g



### 1. Prepare vegetables

**Read through the recipe.** Peel and quarter the **carrots** 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 the **rosemary leaves**, discarding the stems.



### 2. Cook vegetables

Heat **40g butter** and **2 tbs olive oil** in a large saucepan over medium-high heat. Cook the **carrot, leek, onion, garlic** and **rosemary**, stirring occasionally, for 3 mins or until softened.



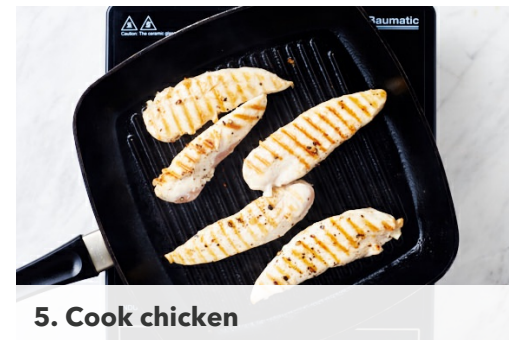
### 3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **1.5L (6 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 the **parmesan**.



### 5. Cook chicken

Once the risotto has been cooking for 10 mins, heat a chargrill pan over medium-high heat. Put the **chicken** and **1 tbs 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.