



Everything
But The Chef

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Caramelised Onion Risotto with Succulent Chicken

Get ready for the perfect combination of creamy Arborio rice snuggling up to burnished caramelised onion. This recipe takes a little patience, but watching your risotto transform before your eyes is the kind of cooking that's a little magic – and you won't believe how good this caramelised onion tastes!



Prep: 15 mins
Cook: 30 mins
Total: 45 mins



level 2



Brown Onion

Vegetable Stock



Garlic



Chicken Thigh



Arborio Rice



Zucchini



Lemon



Parmesan

2P	4P	Ingredients
2	4	brown onions, peeled & quartered
2 tbs	4 tbs	olive oil *
3 tbs	6 tbs	red wine vinegar *
2 tsp	4 tsp	vegetable stock
1 1/2L	3 L	boiling water *
50 g	100 g	butter *
2	4	garlic cloves, peeled & crushed ⊕
200 g	400 g	chicken thigh, diced
200 g	400 g	arborio rice
2	4	zucchini, shaved into ribbons ⊕ A
1/2	1	lemon, zested & juiced ⊕
50 g	100 g	parmesan, grated

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2630	Kj
Protein	38.9	g
Fat, total	33.2	g
-saturated	9.5	g
Carbohydrate	38.4	g
-sugars	6.5	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat your oven to **220°C/200°C fan forced**.



2 In a small bowl coat the **brown onions** with **olive oil**, **red wine vinegar**, and **salt** and **pepper**. Place on a baking tray and bake on the top shelf of the oven for **25 minutes** or until golden brown.



3 Meanwhile, dissolve the **vegetable stock** into a saucepan of the **boiling water** and leave aside on a low heat. Heat the **butter** and some oil in a deep pan over a medium-high heat. Add the **garlic** and the **chicken** and cook for about **5-7 minutes** or until the chicken is slightly browned. Stir through the **arborio rice** for **1 minute** to lightly toast.

4 Add a ladle of stock to the rice and stir until the liquid absorbs. Repeat this process. When you have nearly used up all of the stock, add the **zucchini** and cook until the zucchini is tender and the rice is creamy but still has bite to it. You may not have to use up all of the stock to achieve your desired result. Season well with salt and pepper and stir in the **lemon zest** and **parmesan**.



5 Serve topped with the caramelised onions and a squeeze of **lemon juice**.

Did you know? Rice is a member of the grass family. Arborio is particularly special due its high amount of starch - making it creamy without any cream!