



BAKED CHICKEN & PESTO RISOTTO

with Roasted Pumpkin



Make an oven baked risotto



Brown Onion



Garlic



Courgette



Chicken Thigh



Arborio Rice



Chicken Stock



Peeled Pumpkin



Lemon



Baby Spinach Leaves



Shaved Parmesan Cheese



Traditional Pesto

Hands-on: **30 mins**
Ready in: **50 mins**

Eat me early

Enjoy all the flavours of a creamy and rich risotto, without standing over the stove! With tender chicken and sweet roasted pumpkin, this mouth-watering meal will be happily devoured by all.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **large baking dish** • **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **courgette**. Cut the **chicken thigh** into 2cm chunks.



2 START THE RISOTTO

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chicken thigh** and **onion** and cook until just browned, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **salt**, **arborio rice**, grated **courgette** and crumbled **chicken stock** cubes. Bring to the boil, then remove from the heat.



3 BAKE THE RISOTTO

Transfer the risotto to a large baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. **TIP:** 'Al dente' means the rice is cooked through but still has a bit of firmness in the middle.



4 ROAST THE PUMPKIN

While the risotto is baking, cut the **peeled pumpkin** into 2cm chunks. Place the **pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. While the pumpkin is roasting, cut the **lemon** into wedges.



5 FINISH THE RISOTTO

Remove the risotto from the oven and stir through the **baby spinach leaves**, **butter** and **shaved Parmesan cheese**. Gently stir in the roasted **pumpkin** and **traditional pesto**. **TIP:** Use less pesto for the kids if you like. Add a **splash of water** if the **risotto** looks dry. Season to taste with **pepper**.



6 SERVE UP

Divide the chicken and pesto risotto between bowls. Serve with the lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	4 cloves
courgette	1
chicken thigh	1 packet
water*	4 cups
salt*	½ tsp
arborio rice	2 packets
chicken stock	2 cubes
peeled pumpkin	1 packet (400g)
lemon	1
baby spinach leaves	1 bag (60g)
butter*	40g
shaved Parmesan cheese	3 packets (90g)
traditional pesto	1 tub (75g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3770kJ (900Cal)	676kJ (161Cal)
Protein (g)	44.4g	8.0g
Fat, total (g)	34.7g	6.2g
- saturated (g)	14.5g	2.6g
Carbohydrate (g)	93.9g	16.8g
- sugars (g)	11.4g	2.0g
Sodium (g)	747mg	134mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2019 | WK45

