

# Italian Chicken & Lemon Risotto

with Garlic Pangrattato & Pear Salad

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Chicken Breast



Italian Herbs



Arborio Rice



Chicken-Style Stock Powder



Lemon



Pear



Panko Breadcrumbs



Rocket Leaves



Sour Cream

 Hands-on: 20-30 mins  
Ready in: 40-50 mins

 Eat me early

Enjoy all the flavours of a rich and creamy risotto, without standing over the stove for too long! With tender chicken, spinach and zesty lemon, this mouth-watering meal will be happily devoured by all.

### Pantry items

Olive Oil, White Wine Vinegar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

|                            | 2 People        | 4 People        |
|----------------------------|-----------------|-----------------|
| olive oil*                 | refer to method | refer to method |
| garlic                     | 3 cloves        | 6 cloves        |
| baby spinach leaves        | 1 bag (30g)     | 1 bag (60g)     |
| chicken breast             | 1 packet        | 1 packet        |
| Italian herbs              | 1 sachet        | 1 sachet        |
| arborio rice               | 1 packet        | 2 packets       |
| water*                     | 2 cups          | 4 cups          |
| salt*                      | ¼ tsp           | ½ tsp           |
| chicken-style stock powder | 1 sachet        | 2 sachets       |
| lemon                      | ½               | 1               |
| pear                       | ½               | 1               |
| panko breadcrumbs          | ½ packet        | 1 packet        |
| white wine vinegar*        | ½ tsp           | 1 tsp           |
| rocket leaves              | 1 bag (30g)     | 1 bag (60g)     |
| butter*                    | 20g             | 40g             |
| sour cream                 | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3524kJ (842Cal) | 808kJ (193Cal) |
| Protein (g)      | 48g             | 11g            |
| Fat, total (g)   | 25.4g           | 5.8g           |
| - saturated (g)  | 13.8g           | 3.2g           |
| Carbohydrate (g) | 100.3g          | 23g            |
| - sugars (g)     | 8.5g            | 1.9g           |
| Sodium (mg)      | 1384mg          | 317mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Cut the **chicken breast** into 2cm chunks.



## Make the pangrattato

While the risotto is baking, zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **pear** (see ingredients). Wipe out the frying pan and return to a medium-high heat with a good drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden, **3-4 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste and set aside.



## Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until golden, **4-5 minutes**. Add the **Italian herbs** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to combine. Add the **water**, the **salt** and **chicken-style stock powder**. Bring to the boil and cook, stirring, until combined, **2 minutes**.



## Bring it all together

In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **pear** and **rocket leaves** and toss to coat. Set aside. When the risotto is done, remove the baking dish from the oven, then add the **butter**, **baby spinach**, a generous squeeze of **lemon juice** and the **lemon zest**. Stir through the **sour cream** and season to taste.

**TIP:** Add more or less lemon juice to taste.



## Bake the risotto

Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.



## Serve up

Divide the Italian chicken and lemon risotto between plates and top with the garlic pangrattato. Serve with the pear salad and any remaining lemon wedges.

## Enjoy!