



Rosemary Chicken on Pea Risotto

with Cheese and Pesto Drizzle

Classic 30-35 Minutes

4



Garlic Clove



Risotto Rice



KNORR Chicken Stock



Chicken Breasts



Dried Rosemary



Peas



Grated Hard Italian Style Cheese



Fresh Pesto



Bacon Lardons

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



Give it more with Knorr!

Melt Knorr Stock Pots into your cooking and effortlessly give your meals full-on flavour to please every crowd.

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, ovenproof pan, lid, baking paper, saucepan, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Risotto Rice	175g	260g	350g
KNORR Chicken Stock	1 pot	1½ pots	2 pots
Chicken Breasts**	2	3	4
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Fresh Pesto** 7)	32g	48g	64g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	660g	100g	705g	100g
Energy (kJ/kcal)	3161/756	479/114	3649/872	517/124
Fat (g)	24.6	3.7	33.7	4.8
Sat. Fat (g)	11.3	1.7	14.2	2.0
Carbohydrate (g)	78.1	11.8	79.0	11.2
Sugars (g)	4.2	0.6	4.3	0.6
Protein (g)	55.1	8.3	62.8	8.9
Salt (g)	1.30	0.20	2.53	0.36

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

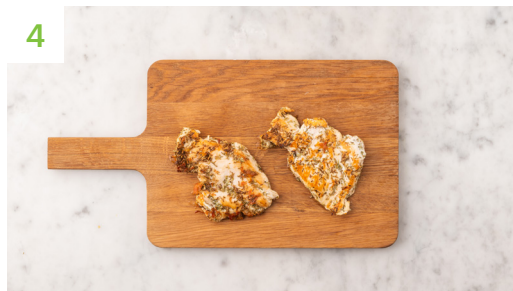
Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later.*

Once hot, add **half** the **garlic** and stir-fry for 30 secs, then add the **risotto rice**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **garlic**. Continue as instructed, the **bacon** will cook through in the **risotto**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **chicken**. Fry until golden brown, 5-6 mins each side. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.



Cook the Risotto

Stir in the **boiled water for the risotto** (see pantry for amount) and **Knorr chicken stock**. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.



Peas Please

When the **risotto** is cooked, remove it from the oven and mix in the **peas**, **butter** (see pantry for amount) and **hard Italian style cheese**.

Season to taste with **salt** and **pepper** if needed. **TIP:** *Add a splash of water to loosen the risotto if needed.*

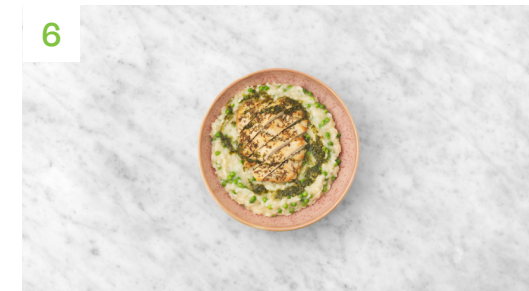


Bash the Chicken

While the **risotto** bakes, sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan or rolling pin until it's 1-2cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Pop the **chicken** into a bowl with the **dried rosemary**, remaining **garlic** and a drizzle of **oil**. Season with **salt** and **pepper**, then mix well.



Finish and Serve

When everything's ready, cut the **chicken** widthways into 2cm thick slices.

Share the **risotto** between your bowls and top with the **rosemary chicken**.

Finish with a drizzle of **pesto**.

Enjoy!