



Spicy Cajun Chicken Stovetop Risotto

with Lemon Crumb and Peas

38

Classic 40-45 Minutes • **Very Hot** • 1 of your 5 a day



Garlic Clove



Lemon



Chicken Stock Paste



Diced British Chicken Thigh



Cajun Spice Mix



Risotto Rice



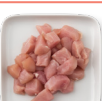
Breadcrumbs



Grated Hard Italian Style Cheese



Peas



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, fine grater, saucepan, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	½	1	1
Chicken Stock Paste	20g	30g	40g
Diced British Chicken Thigh**	240g	390g	520g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Breadcrumbs 13	25g	25g	50g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Peas**	120g	180g	240g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	800ml	1200ml	1600ml
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	770g	100g	770g	100g
Energy (kJ/kcal)	3508 / 838	456 / 109	3247 / 776	422 / 101
Fat (g)	32.2	4.2	22.1	2.9
Sat. Fat (g)	13.5	1.8	10.6	1.4
Carbohydrate (g)	91.9	11.9	91.6	11.9
Sugars (g)	5.2	0.7	5.2	0.7
Protein (g)	48.2	6.3	51.0	6.6
Salt (g)	3.31	0.43	3.24	0.42

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

Allergens

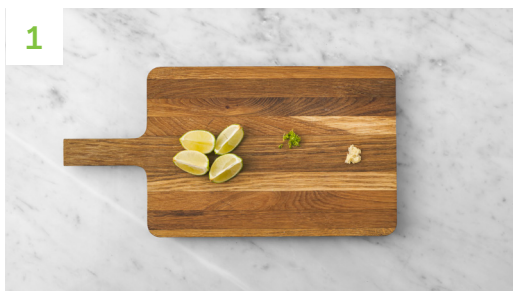
7) Milk 8) Egg 13) Cereals containing gluten

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, mollusc, 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.

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Get Prepped

Boil a full kettle.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).

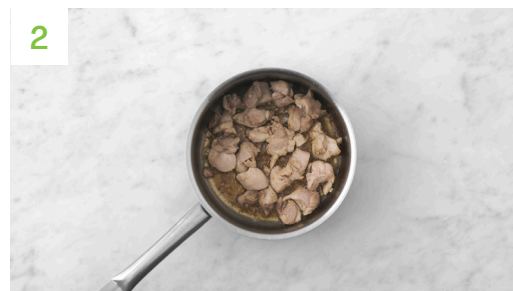
Pour the **boiled water for the stock** (see pantry for amount) into a medium saucepan on high heat. Stir in the **chicken stock paste** - this is your **chicken stock**.



Add the Stock

Pour in a third of the **stock** and stir to combine. Bring to the boil and simmer until absorbed, then repeat with the remaining **stock**, a third at a time. Stir occasionally.

The total cooking time should take 20-25 mins and your **risotto** is done when the **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Start your Risotto

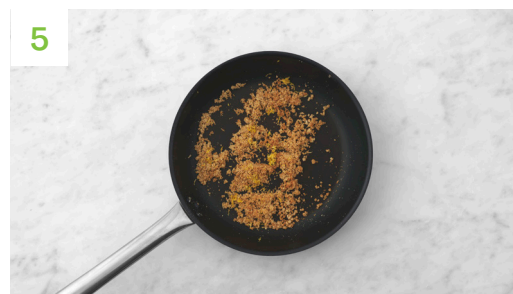
Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

Fry until golden brown on the outside, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken. It's cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

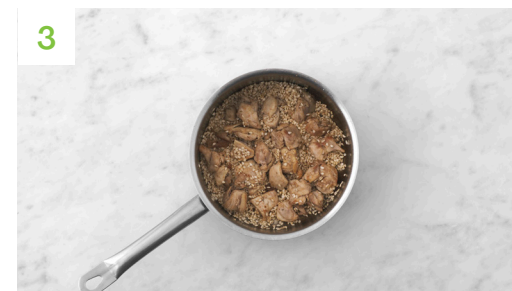


Make your Lemon Crumb

Meanwhile, heat the **olive oil for the crumb** (see pantry for amount) in a medium frying pan on medium-high heat.

Season with **salt** and **pepper** and fry, stirring frequently, until lightly toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily. Once cooked, transfer the **toasted crumbs** to a bowl and set aside.

Once toasted, stir in the **lemon zest** and transfer to a bowl.



Add the Flavour

Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **chicken** and cook for 1 min, then stir in the **risotto rice** and cook until the edges of the **rice** are translucent, 1-2 mins.



Finish and Serve

Once the **risotto** is cooked, remove from the heat and stir in the **hard Italian style cheese**, **peas** and **butter** (see pantry for amount). Stir until well combined, then squeeze in some **lemon juice**.

Taste the **risotto** and add more **salt**, **pepper** and **lemon juice** if needed.

Spoon your **risotto** into bowls and top with the **lemon crumb**. Serve with any remaining **lemon** cut into wedges for squeezing over.

Enjoy!