



Chicken and Roasted Tomato Risotto

with Gremolata and Balsamic Dressed Rocket

7

Classic 35-40 Minutes • 2 of your 5 a day



Chicken Stock Paste



Medium Tomato



Echalion Shallot



Flat Leaf Parsley



Diced Chicken Thigh



Risotto Rice



Balsamic Glaze



Lemon



Rocket



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Saucepan, baking paper, baking tray, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	30g
Medium Tomato	2	3	4
Echalion Shallot**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	390g
Risotto Rice	175g	260g	350g
Balsamic Glaze 14	12ml	12ml	24ml
Lemon**	½	¾	1
Rocket**	40g	40g	80g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1150ml	1500ml
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	3302/789	736/176
Fat (g)	33.8	7.5
Sat. Fat (g)	15.2	3.4
Carbohydrate (g)	84.3	18.8
Sugars (g)	12.2	2.7
Protein (g)	40.5	9.0
Salt (g)	3.37	0.75
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	3790/906	768/184
Fat (g)	42.9	8.7
Sat. Fat (g)	18.1	3.7
Carbohydrate (g)	85.2	17.3
Sugars (g)	12.2	2.5
Protein (g)	48.2	9.8
Salt (g)	4.60	0.93

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

Allergens

7) Milk **8**) Egg **14**) Sulphites

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, 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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the stock** (see pantry for amount) into a medium saucepan on high heat. Add the **chicken stock paste** and stir to combine. Bring to the boil, then reduce the heat to the lowest setting to keep the **stock** warm.

Meanwhile, cut each **tomato** into 8 wedges. Halve, peel and thinly slice the **shallot**. Finely chop the **parsley** (stalks and all).



Roast the Tomatoes

While the **risotto** cooks, pop the **tomato wedges** onto a lined baking tray.

Drizzle with **oil** and the **balsamic glaze**, then season with **salt** and **pepper**.

When the oven is hot, roast on the middle shelf for 15-20 mins, then remove and set aside.



Bring on the Chicken

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

Once hot, add the **chicken** and fry until browned all over, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Add the **shallot** and cook until softened, 3-4 mins more.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan when you add the **chicken** and continue as instructed.

IMPORTANT: *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*



Dress the Rocket

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

Pop the **lemon zest** into a small bowl and mix in the **parsley** - this is your **gremolata**. Set aside.

Squeeze the **lemon juice** into a large bowl with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Mix together, then set aside.

When your **risotto** is cooked, remove from the heat and mix in the **hard Italian style cheese** and **butter** (see pantry for amount). Season to taste with **salt** and **pepper** if needed. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Cook your Risotto

Add the **risotto rice** to the **chicken**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir a ladle of your **stock** into the **rice**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Finish and Serve

Add the **rocket** to the bowl of **dressing** and toss to coat.

Share the **risotto** between your bowls and top with the **roasted tomatoes** and **gremolata**.

Serve with the **rocket** alongside and any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!