



Baked Herby Chicken

with Tomato Risotto



HELLO GARLIC

After preparing garlic, rubbing your hands on a stainless steel spoon can help get rid of the smell!



Onion



Garlic Clove



Vine Tomato



Flat Leaf Parsley



Green Beans



Chicken Thighs



Lemon



Dried Oregano



Chicken Stock Pot



Tomato Purée



Arborio Rice



White Wine Vinegar



Hard Italian Cheese

MEAL BAG

40 mins

1.5 of your 5 a day

2 Enjoy within 2 days

Warming, delicious, and simple enough to rustle up for a midweek dinner, this velvety risotto with baked herby chicken is Italian comfort food on its best form. With minimal hands on cooking time, this recipe will prove that making a risotto doesn't have to be difficult! A great tip for making a speedy risotto is to leave your stock on a low heat whilst you add it to the rice. The hotter the stock, the quicker it will be absorbed by the rice. It sounds simple but it works!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, some **Foil**, a **Baking Tray**, two **Large Saucepans** and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **onion** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **vine tomato** into 1cm chunks. Roughly chop the **parsley** (stalks and all). Remove the ends from the **green beans** and chop into thirds.



2 PREP THE CHICKEN

Put the **chicken** on a foil-lined baking tray. Drizzle on some **oil**, grate over the **lemon zest** and sprinkle on the **dried oregano**. Season with **salt** and **pepper**. Squeeze over some **lemon juice** and rub in the flavours. **! IMPORTANT:** Remember to wash your hands after handling raw meat! Leave to one side. Put a large saucepan of **water** (see ingredients for amount) on to boil. Add the **stock pot** and stir to dissolve. Once boiling, turn the heat to low.



4 BAKE THE CHICKEN

Bake the **chicken** on the top shelf of your oven to for 20-25 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Halfway through cooking, sprinkle **half** of the **hard Italian cheese** over the **chicken** and pop back in the oven. Once cooked through, remove from the oven and cover with foil while you finish the risotto.



5 COOK THE RISOTTO

In the meantime, add the **tomato chunks** and a ladle of **stock** to the **rice**. Stir continually until the **stock** has been absorbed by the **rice**. Continue this process until the **rice** is cooked, around 20-25 mins. Add the **green beans** to the pan for the last 5 mins of cooking. **★ TIP:** Taste your rice, add a splash more water and cook for a few more mins if it is still a bit firm.



3 START THE RISOTTO

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat and add the **onion**. Stir and cook until soft, 5 mins, then add the **garlic** and the **tomato purée**. Mix well and cook for 1 minute more, then add the **arborio rice** and stir to coat in the **garlicky oil**. Add the **white wine vinegar** and allow it to evaporate.



6 FINISH AND SERVE

Once the **rice** is ready, stir through the remaining hard **Italian cheese** and a squeeze of **lemon juice**. Stir in some **butter** if you have some. Finish with **half** the **parsley** and season with **salt**, **pepper** and **lemon juice** to taste. Cut each **chicken thigh** into six slices. Spoon the **risotto** into bowls, lay the **chicken** on top and sprinkle over the remaining **parsley**. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	½
Garlic Clove, grated	1
Vine Tomato, chopped	1
Flat Leaf Parsley, chopped	1 small bunch
Green Beans	½ pack
Chicken Thighs	3
Lemon	½
Dried Oregano	1½ tsp
Water*	750ml
Chicken Stock Pot	1
Tomato Purée	15g
Arborio Rice	175g
White Wine Vinegar 14)	½ tbsps
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 424G	PER 100G
Energy (kcal)	668	158
(kJ)	2817	666
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	78	18
Sugars (g)	9	2
Protein (g)	53	13
Salt (g)	2.87	0.68

ALLERGENS

7) Milk 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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