



**HELLO FRESH**

# Ultimate Chicken, Bacon and Chestnut Mushroom Risotto with Parmigiano Reggiano and Pea Shoot Salad

35

Ultimate 40-45 Minutes • 2 of your 5 a day



Garlic Clove



Chicken Breast



Leek



Chestnut Mushrooms



Bacon Lardons



Risotto Rice



Cider Vinegar



Chicken Stock Paste



Parmigiano Reggiano



Baby Plum Tomatoes



Pea Shoots

**Pantry Items**  
Olive Oil, Butter

## Before you start

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

## Cooking tools

Kettle, garlic press, bowl, measuring jug, ovenproof pan, saucepan, lid and aluminium foil.

## Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Fillet**	2	3	4
Olive Oil for the Chicken*	1 tbsp	1½ tbsp	2 tbsp
Leek**	1	1	2
Chestnut Mushrooms**	150g	225g	300g
Water for the Stock*	450ml	675ml	900ml
Bacon Lardons**	60g	90g	120g
Risotto Rice	175g	260g	350g
Cider Vinegar <b>14</b>	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	15g	20g	30g
Parmigiano Reggiano** <b>7</b>	20g	30g	40g
Baby Plum Tomatoes	125g	190g	250g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots**	40g	60g	80g
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>577g</b>	<b>100g</b>
Energy (kJ/kcal)	3546 /847	614 /147
Fat (g)	33.9	5.9
Sat. Fat (g)	12.6	2.2
Carbohydrate (g)	76.1	13.2
Sugars (g)	5.3	0.9
Protein (g)	57.1	9.9
Salt (g)	2.80	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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.

## Contact

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## Marinate the Chicken

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). Pop the **chicken breasts** into a medium bowl with the **olive oil for the chicken** (see ingredients for amount) and **half the garlic**. Season with **salt** and **pepper**, mix together, then set aside to marinate. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice. Thinly slice the **mushrooms**.



## Cook the Chicken

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

Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, and roast on the top shelf of your oven until cooked, 18-25 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**

Once cooked, transfer to a board and leave to rest for a couple of mins.



## Fry Time

Pour the **boiling water for the stock** (see ingredients for amount) into a measuring jug.

Heat a drizzle of **oil** in a large ovenproof pan on medium heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later).

Once the pan is hot, add the **bacon lardons** and stir-fry until golden, 2-3 mins. Add the **leek** and **mushrooms**, then stir-fry until browned, 4-5 mins. Add the remaining **garlic** and cook for 1 min more. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



## Prep the Salad

While everything cooks, halve the **tomatoes**.

Pour the **olive oil for the dressing** (see ingredients for amount) and remaining **cider vinegar** into a medium bowl. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix together, then set the **dressing** aside.

Just before serving, pop the **pea shoots** and **tomatoes** into the dressing bowl and toss to coat.



## Bake the Risotto

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

Add **half the cider vinegar**, stir together and allow the **vinegar** to evaporate, 30 secs. Stir in the **boiled water** and **chicken stock paste**, then stir well to combine.

Bring to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



## Finish and Serve

When the **risotto** is cooked, remove it from the oven and mix in the **butter** (see ingredients for amount) and **three quarters** of the **parmesan cheese**. Season to taste with **salt** and **pepper** if needed. Add a splash of water if it's a little thick.

Spoon your **ultimate bacon and mushroom risotto** into bowls, then slice the **chicken** widthways into 5 pieces and lay on top.

Finish with a sprinkle of the remaining **parmesan** and serve the **salad** alongside.

## Enjoy!