

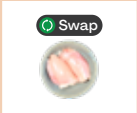


Italian Herb Chicken and Pea Risotto

with Spinach and Parmesan

Movie Night

45 Minutes



Chicken Thighs*
280 g | 560 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://visit.hellofresh.ca)



Chicken Breasts*
2 | 4



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



Arborio Rice
¾ cup | 1 ½ cups



Chicken Broth Concentrate
2 | 4



Yellow Onion
½ | 1



Parmesan Cheese, shredded
¼ cup | ½ cup



Garlic Salt
1 tsp | 2 tsp



Garlic, cloves
1 | 2



Italian Seasoning
1 tbsp | 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Unsalted butter, salt, oil, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, parchment paper

1



Simmer broth and prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Combine **4 cups** (5 $\frac{3}{4}$ cups) **water, broth concentrate** and **$\frac{1}{2}$ tsp** (1 tsp) **salt** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low, still covered.
- While **broth** comes to a boil, peel, then cut **half the onion** (use whole onion for 4 ppl) into $\frac{1}{4}$ -inch pieces.
- Peel, then mince or grate **garlic**.

2



Sauté onions

- Meanwhile, heat a large non-stick pan over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add **onions**. Cook, stirring occasionally, until slightly softened, 2-3 min.

3



Start risotto

- Add **garlic** and **rice** to the pan with **onions**. Season with **half the garlic salt**.
- Cook, stirring often, until fragrant, 1 min. Reduce heat to medium.
- Add **1 cup broth** to the pan. Cook, stirring occasionally, until **broth** is almost completely absorbed.
- Repeat, adding **1 cup broth** at a time, until texture is creamy and **rice** is tender, 28-33 min. (**TIP**: The consistency should be like oatmeal.)
- Add **peas** halfway through cooking.

4



Cook chicken

[Swap](#) | [Chicken Thighs](#)

- Meanwhile, heat a medium non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper, half the Italian Seasoning** (use all for 4 ppl) and **remaining garlic salt**.
- When the pan is hot, add **$\frac{1}{2}$ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden, 1-2 min per side. (**NOTE**: Don't overcrowd the pan; cook in 2 batches if needed.)
- Transfer to a parchment-lined baking sheet. Sprinkle **1 tbsp** (2 tbsp) **Parmesan** over top.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**

5



Finish risotto

- When the last addition of **broth** is almost completely absorbed, roughly chop **spinach**.
- Add **spinach, remaining Parmesan, 1 tbsp** (2 tbsp) **butter** and **any chicken juices** from the baking sheet to the pan with **risotto**.
- Cook, stirring often, until **spinach** wilts and **cheese** melts, 2-3 min. (**TIP**: Add $\frac{1}{4}$ cup water if risotto is too thick.)
- Season with **salt** and **pepper**.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **risotto** between plates. Arrange **chicken** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook chicken thighs

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prep, cook and plate them in the same way the recipe instructs you to prep, cook and plate the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.