

Italian Herb Chicken and Pea Risotto

with Spinach and Parmesan

Family Friendly 40 - 50 Minutes



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Chicken Breasts







Green Peas





Arborio Rice

Baby Spinach

Yellow Onion



Chicken Broth





Garlic Salt



Garlic, cloves



Italian Seasoning



HELLO RISOTTO

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Bust out

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

Ingredients

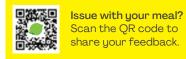
	2 Person	4 Person
Chicken Breasts*	2	4
Chicken Thighs •	280 g	560 g
Green Peas	56 g	113 g
Baby Spinach	56 g	113 g
Yellow Onion	1/2	1
Arborio Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	2	4
Parmesan Cheese, shredded	⅓ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Garlic, cloves	1	2
Italian Seasoning	½ tbsp	1 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Simmer broth and prep

- Combine **4 cups** (5 ¾ cups) **water**, **broth concentrate** and ½ **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 (whole onion for 4 ppl) into ¼-inch pieces.
- Peel, then mince or grate **garlic**.



Sauté onions

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



- 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 with rice. 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 similar to oatmeal!) Add **peas** halfway through cooking.



Cook chicken

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- 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 ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden, 1-2 min per side. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer to a parchment-lined baking sheet.
 Sprinkle 1 tbsp (2 tbsp) Parmesan over chicken.
- Roast in the middle of the oven until chicken is cooked through, 12-14 min.**

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



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 juices from the baking sheet to the pan with risotto.
- Cook, stirring often, until **spinach** wilts and **cheese** melts, 2-3 min. (TIP: Add ¼ cup water if risotto is too thick!)
- Season with salt and pepper, to taste.



Finish and serve

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

Dinner Solved!