



Italian Herb Chicken and Pea Risotto

with Spinach and Parmesan

Family Friendly 40 - 50 Minutes



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Chicken Breasts



Chicken Thighs



Green Peas



Baby Spinach



Yellow Onion



Arborio Rice



Chicken Broth Concentrate



Parmesan Cheese, shredded



Garlic Salt



Garlic, cloves



Italian Seasoning

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO RISOTTO
A classic Northern Italian rice dish!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (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	½	1
Arborio Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	2	4
Parmesan Cheese, shredded	¼ 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.



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1



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**.

4



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 tsp** (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**.

2



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.

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 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.

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 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.

6



Finish and serve

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

Dinner Solved!