

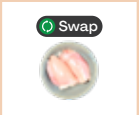


# Italian Herb Chicken and Pea Risotto

with Spinach and Parmesan

Family Friendly

40-50 Minutes



Chicken Thighs +  
280 g | 560 g

Custom Recipe

+ Add

Swap

or

\*2 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://www.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  
½ 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, pepper, oil

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

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 concentrates** 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** (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 heat.
- 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.

4



### Cook chicken

Swap | **Chicken Thighs**

- 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  **$\frac{1}{2}$  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**, to taste.

6



### Finish and serve

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

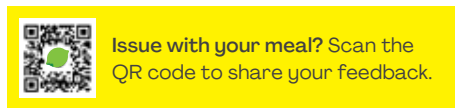
## 4 | Cook chicken thighs

Swap | **Chicken Thighs**

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



Issue with your meal? Scan the QR code to share your feedback.