



Italian Herb Chicken and Pea Risotto

with Spinach and Parmesan

45 Minutes



Chicken Breasts



Green Peas



Baby Spinach



Yellow Onion



Arborio Rice



Chicken Broth Concentrate



Parmesan Cheese, shredded



Garlic Salt



Garlic, cloves



Italian Seasoning

HELLO RISOTTO

A classic Northern Italian rice dish!

Start here

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

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
Green Peas	56 g	113 g
Baby Spinach	28 g	56 g
Yellow Onion	56 g	113 g
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.

Contact

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1 Simmer broth and prep

- Combine **4 cups water** (5 ¾ cups for 4 ppl), **broth concentrates** and **½ tsp salt** (dbl for 4 ppl) 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** into ¼-inch pieces (whole onion for 4 ppl).
- 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 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer **chicken** to a parchment-lined baking sheet. Sprinkle **1 tbsp Parmesan** (dbl for 4 ppl) over **chicken**.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



2 Sauté onions

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), 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 butter** (dbl for 4 ppl) 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!