



Italian-Style Chicken with Spinach and Pea Risotto

45 Minutes



Chicken Breasts



Green Peas



Baby Spinach



Yellow Onion



Arborio Rice



Chicken Broth Concentrate



Parmesan Cheese, shredded



Chicken 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 | 56 g | 113 g |
| Yellow Onion | 113 g | 226 g |
| Arborio Rice | ¾ cup | 1 ½ cups |
| Chicken Broth Concentrate | 2 | 4 |
| Parmesan Cheese, shredded | ½ cup | 1 cup |
| Chicken Salt | 1 tbsp | 2 tbsp |
| 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 Prep

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



4 Bake chicken

While **risotto** cooks, 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 chicken salt**. When 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** over **each chicken breast**. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



2 Cook aromatics

Heat a large non-stick pan over medium 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, 3-4 min. Add **garlic**. Cook, stirring often, until fragrant, 1 min.



5 Finish risotto

When the last addition of **broth** is almost completely absorbed, add **three-quarters of the remaining Parmesan, spinach, 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 the risotto is too thick!) Season with **salt** and **pepper**, to taste.



3 Start risotto

Add **rice**. Cook, stirring often, until toasted, 1-2 min. 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, 28-30 min. (**TIP:** The consistency should be similar to oatmeal!) Add **peas** with the last addition of **broth**. Season with **half the chicken salt**.



6 Finish and serve

Thinly slice **chicken**. Divide **risotto** between plates. Sprinkle with **remaining Parmesan**. Arrange **chicken** over top.

Dinner Solved!