

One Pot Chicken and Red Pepper Casserole

with Arborio Rice

hellóchef

If paella and risotto had children, they would probably look like this.

Cals 706 • Prot 60 • Carbs 98 • Fat 13

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🕒 cook: 35 min

R2026

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken breast	300	500	600	Grams
Garlic cloves	2	3	4	Piece
Red onion	1	1	2	Piece
Red pepper	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Arborio rice	160	240	320	Grams
Cherry tomatoes	150	250	300	Grams
Smoked paprika powder	2	4	4	Grams
Chilli powder	2	2	2	Grams
Water	450	650	850	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Saffron Splash	20	20	30	ML
Tomato paste	30	50	70	Grams
Parmesan 4*	60	90	120	Grams
Fresh basil	15	15	15	Grams
Brown sugar	5	5	10	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	2955 / 706
Fat (g)	13
of which saturates (g)	6.6
Carbohydrate (g)	98
of which sugars (g)	12.7
Fiber (g)	7.2
Protein (g)	59.6
Salt (g)	4.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and mince the **garlic**. Peel and finely chop the **onion**. De-seed and roughly chop the **peppers**. Chop the **chicken** into bite-sized pieces.



2 Fry chicken

Heat a large pan with a drizzle of **olive oil** over a medium-high heat. Add the **chicken** and cook for 5-7 min until browned and cooked through. Transfer to a plate and season with **salt** and **pepper**, reserve the pan.



3 Add vegetables

Return the pan to a medium heat with another drizzle of **oil**. Add the **onion** and **pepper** with a pinch of **salt** and cook for 5 min further. Add the **Arborio rice**, whole **cherry tomatoes**, **garlic**, **smoked paprika** and **chilli powder (spicy!)** and cook for 1 min further.



4 Add water

Meanwhile, boil the **measured water** and dissolve the **chicken stock cube**, **sugar**, **saffron** and **tomato paste** in it. Once ready, add 1/3 of the **stock** to the pan and stir continuously until it has absorbed.

Tip! Stir the rice continuously so it releases as much starch as possible.



5 Simmer

Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' or to your liking. Meanwhile, grate the **Parmesan**.



6 Serve

Add the **chicken** and half of the **Parmesan** to the cooked **rice**. Serve the **rice** in individual bowls. Garnish with the remaining **Parmesan**, **fresh basil** leaves and a generous drizzle of good quality **olive oil**.