

# Chicken and Pea Risotto

## with Goat's Cheese

hellóchef

Risotto, originally from Northern Italy, is made with Arborio rice which is starchier than most long grain varieties.

Cals 715 • Prot 56 • Carbs 86 • Fat 20

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🕒 cook: 40 min

R3196





Before you start

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

Ingredients

Risotto	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Water	700	1050	1400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Arborio rice	160	240	320	Grams
Green peas	100	150	200	Grams
Grated Parmesan 4*	30	45	60	Grams
Black pepper	0.5	0.5	1	Tsp
To serve				
Fresh parsley	15	15	15	Grams
Soft goat cheese 4*	125	125	250	Grams
Olive oil	1	1	2	Tbsp

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)	2981 / 715
Fat (g)	19.8
of which saturates (g)	9
Carbohydrate (g)	86
of which sugars (g)	4.5
Fiber (g)	4
Protein (g)	56.4
Salt (g)	4.1

\*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

Boil the **measured water** and dissolve the **chicken stock cube** in it. Meanwhile, peel and finely chop the **red onion**. Peel and mince the **garlic**. Chop the **chicken** into bite-sized pieces.



2 Fry chicken

Heat a large pot or pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5-7 min until cooked through. Transfer the **chicken** to a plate and reserve the pot or pan.



3 Fry

Return the pot or pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Once softened, add the **garlic** and **arborio rice** and fry for 1 min further, stirring to coat the grains in the **oil**.



4 Simmer risotto

Reduce the heat to medium and add 1/3 of the **chicken stock**. Stir continuously until it has absorbed. 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' – this is your **risotto**.

**Tip!** The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



5 Finish

Meanwhile, pick and finely chop the **parsley** leaves. Once the **risotto** is cooked, add the **green peas, chicken, grated Parmesan** and half of the **parsley** (reserve the rest for garnish). Warm through for final 2-3 min. Season with **salt** and **pepper** to taste.

**Tip!** If cooking for kids, set aside a portion of plain risotto, green peas, cooked chicken, grated parmesan and parsley as 'sprinkles'. Microwave the peas for 1-2 minutes or until cooked and warmed through.



6 Serve

Slice or crumble the **goats cheese**. Divide the **chicken** and **pea risotto** among bowls and top with the **goats cheese**. Garnish with the remaining **parsley** and a drizzle of **olive oil**.

**Tip!** If cooking for kids, serve the plain risotto, green peas and chicken separately. Serve the grated Parmesan and parsley to the side as 'sprinkles'.