

# Chicken and Pea Risotto

## with Goat's Cheese

hellóchef

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

Cals 777 • Prot 52 • Carbs 77 • Fat 25

🕒 30 min

R12





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
Shallots	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Water	700	1050	1400	ML
Chicken stock cube	1	2	2	Piece
Parmesan	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Salted butter	10	10	20	Grams
Salt	0.5	0.5	1	Tsp
Arborio rice	160	240	320	Grams
Green peas	100	150	200	Grams
Black pepper	0.5	0.5	1	Tsp
To serve				
Fresh parsley	15	15	15	Grams
Soft goat cheese	125	125	250	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep

Peel and finely chop the **shallots**. Peel and mince the **garlic**. Boil the **measured water** and dissolve the **stock cube** in it. Grate the **Parmesan**. Chop the **chicken** into bite-sized pieces.



2 Fry

Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil** and the **butter**. Once hot, add the **shallots** with a pinch of **salt** and cook for 5-6 min or until softened. Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3 Add

Add 1/3 of the **stock** and 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'. If you run out of **stock**, add more water (see pro tip!).



4 Fry chicken

Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** pieces and cook for 5-7 min until cooked through.



5 Finish

Chop the **parsley** leaves. Once the **risotto** is cooked, add the **green peas**, **chicken**, grated **Parmesan** and half the chopped **parsley**. Warm through for 1 final min. Season well with **pepper** (and **salt**, if needed).



6 Serve

Slice or crumble the **goats cheese**. Divide the **risotto** among bowls and top with the **goats cheese** and any remaining **parsley**.



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Pro 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 liquid quantity accordingly.

Tips For Fussy Eaters

Leave out the goat's cheese if they don't like it and top with extra Parmesan!