

Chicken and Mushroom Risotto

hellóchef

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

Cals 798 • Prot 61 • Carbs 97 • Fat 23

Weekly Classic

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🕒 cook: 45 min

R3351



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
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	2	2	Tbsp
Butter 4*	20	30	40	Grams
Arborio rice	160	240	320	Grams
Fresh parsley	15	15	15	Grams
Grated Parmesan 4*	60	60	120	Grams
Lemon	1	1	1	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

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)	3330 / 798
Fat (g)	23.3
of which saturates (g)	7.3
Carbohydrate (g)	97
of which sugars (g)	8
Fiber (g)	6.7
Protein (g)	61.2
Salt (g)	3.5

*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**. Add the **stock cube** and boiled water to a jug and set aside. This is your **chicken stock**. Peel and finely dice the **onion**. Peel and mince the **garlic**. Roughly chop or tear the **mushrooms**. Chop the **chicken** into bite-sized pieces.



2 Start risotto

Heat a pot or pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **mushrooms** and fry for 5-6 min or until browned. Once softened, add the **onion** and **butter** and cook for 3 min further. Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3 Simmer

Add 1/3 of the **chicken 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' – this is your **risotto**. Meanwhile, finely chop the **parsley**.

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.



4 Cook chicken

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



5 Finish risotto

Once the **risotto** is cooked, add the **chicken**, **grated parmesan**, half of the chopped **parsley** (reserve the rest for garnish!) and a squeeze of **lemon** juice. Season with **salt** and **pepper**.



6 Serve

Divide the **risotto** among bowls and garnish with the remaining **fresh parsley**.