

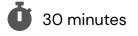




Cheesy Pumpkin Risotto

with Sage Chicken

Comforting and delicious! This pumpkin risotto is finished with parmesan cheese and served alongside tender chicken schnitzels seasoned with fresh sage.





2 servings



Make a one pan!

You can slice the chicken and cook it in the same pan as the risotto. Chop the sage and use it in the risotto instead of the dried oregano.

PROTEIN TOTAL FAT CARBOHYDRATES 102g

45g

FROM YOUR BOX

| BROWN ONION | 1 |
|--------------------|----------|
| CELERY STALK | 1 |
| BUTTERNUT PUMPKIN | 1 |
| ARBORIO RICE | 150g |
| SAGE | 1 packet |
| CHICKEN SCHNITZELS | 300g |
| PARMESAN CHEESE | 1 packet |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 chicken stock cube, dried oregano

KEY UTENSILS

large frypan with lid, frypan, kettle (optional)

NOTES

You can use liquid stock instead of a stock cube if you have some. Add to a saucepan and bring to a simmer before adding to the rice in step 2.

Use the pumpkin to taste. We recommend using half for a 2 person serve.

Stir the risotto occasionally as it cooks to prevent the rice from sticking.



1. SAUTÉ THE VEGETABLES

Boil 1L water in kettle (see notes).

Dice onion and celery. Peel and dice pumpkin (2cm). Heat a frypan over medium-high heat with oil. Add vegetables to pan along with 1 tsp oregano. Cook for 5 minutes.



2. SIMMER THE RICE

Crumble in 1/2 stock cube and stir in rice. Add 2 1/2 cups boiled water. Cover and simmer for 15-20 minutes until rice is tender and all the water has absorbed (see notes). Add more water if needed.



3. COOK THE CHICKEN

Meanwhile, slice sage leaves. Coat chicken with 1/2 sage, oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through. Set aside.



4. FINISH THE RISOTTO

Stir 1/4 packet parmesan and remaining sliced sage through risotto along with 1/4 cup boiled water. Season with salt and pepper to taste.



5. FINISH AND SERVE

Slice chicken and serve with risotto. Garnish with parmesan cheese to taste.



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