



### Product Spotlight: Sage

Sage is a lovely aromatic herb that pairs well with warm, nutty flavours, which makes it a great addition to this dish because it goes well with pumpkin!



## 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.



30 minutes



2 servings



Chicken

7 July 2023

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	10g	102g

## 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.



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### 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.



### 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.



### 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.



### 5. FINISH AND SERVE

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



### 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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

