



for the
little ones



SPRING chicken Risotto

A creamy risotto made with asparagus and melty cheese, served with golden chicken and a fresh basil dip for dunking.

40 minutes

2 servings

chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	15g	58g

FROM YOUR BOX

BROWN ONION	1
CHICKEN STOCK PASTE	1 small jar
ARBORIO RICE	150g
ASPARAGUS	1 bunch
BASIL	20g
SHAVED PARMESAN CHEESE	1 bag
DICED CHICKEN BREAST	300g
GARLIC CLOVE	1

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, skewers (optional)

COOKING TOOLS

pan, BBQ or frypan, stick mixer

Make it faster: skip skewers and cook chicken as strips. Skip the pesto step and just scatter the basil and parmesan on top before serving.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Sauté the onion

Peel and dice **onion**. Heat a large pan with **2 tbsp oil/butter** over medium heat. Add **onion** to cook for 3 minutes. Stir in **1/2 jar stock paste**. Cook for 1 minute.

tip Keep leftover stock in the fridge and use for sauces, bolognese or stews!



2. Simmer the risotto

Stir in **arborio rice** to coat. Pour in **2 1/2 cups water**. Bring to a gentle simmer and cook on medium for about 20 minutes, stirring occasionally, until most **water** is absorbed and **rice** is creamy with a little bite.



3. Add the asparagus

Trim woody ends off **asparagus** and thinly slice. Add to **risotto**.

tip You can stir through the asparagus 2–3 minutes before serving instead to keep it more bright and fresh.



4. Make the Pesto

In a jug, blend **basil leaves** (include tender stems), **1/2 cup parmesan**, **1 tbsp olive oil** and **3 tbsp water** with a stick mixer until smooth. Season to taste with **salt and pepper**.

tip You can use the basil and parmesan as toppings instead if you like!



5. Cook the chicken

Toss **chicken** with **crushed garlic, oil, salt and pepper**. Thread onto **skewers** (optional). Heat the BBQ or a frypan over medium-high heat. Cook **chicken** for 8–10 minutes, turning occasionally, or until golden and cooked through.

tip Add 1 tsp oregano for extra flavour.



6. Finish and serve

Stir in remaining **parmesan** (reserve some for garnish) into **risotto** and add extra **water** if too thick. Adjust seasoning with **salt and pepper**.

Serve **risotto** with **chicken skewers** and **pesto** for dipping or dolloping. Sprinkle with any extra **parmesan** to serve.