

for the
little onesRisotto with
ShReDDeD chicken

Lemon Chicken Risotto

Golden lemon chicken served on a cheesy risotto topped with chives and parmesan.



30 Minutes



4 Servings



Chicken

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FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHICKEN STOCK PASTE	1 small jar
ARBORIO RICE	300g
LEMON	1
DICED CHICKEN BREAST	600g
PARMESAN CHEESE	1 packet
CHIVES	1 bunch

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

COOKING TOOLS

large frypan with lid, large frypan

You can boost the risotto with extra veggies like cauliflower, pumpkin, peas or green beans!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. SAUTE the ONION & ZUCCHINI

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

tip Peel the zucchini to hide it from the kids! Add garlic for extra flavour!



2. SIMMER the RISOTTO

Add rice and stir to coat. Pour in **5 cups water**. Bring to a boil, semi-cover and simmer over medium heat until water has been absorbed (about 20 minutes). See step 5.



3. MARINATE the CHICKEN

Zest lemon to yield 1-2 tsp. Combine with **2 tbsp oil, salt and pepper** in a bowl. Toss in chicken to coat.

tip For more flavour, add 2 tsp dried Italian herbs or another herb of choice.



4. COOK the CHICKEN

Heat a frypan over medium-high heat. Add lemon chicken and cook for 8-10 minutes, turning occasionally, or until golden and cooked through.

tip Make chicken skewers if the kids prefer!



5. FINISH the RISOTTO

Stir 1/2 packet parmesan cheese into the risotto and adjust seasoning with **salt and pepper** to taste.

tip Add more liquid to the risotto if needed for desired consistency!



6. FINISH AND SERVE

Serve the risotto topped with lemon chicken (or on the side!), chopped chives and extra parmesan at the table. Cut remaining lemon into wedges to serve.

tip Serve with a fresh side salad or some sautéed asparagus or green beans if desired!