

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). Stir occasionally, then 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!