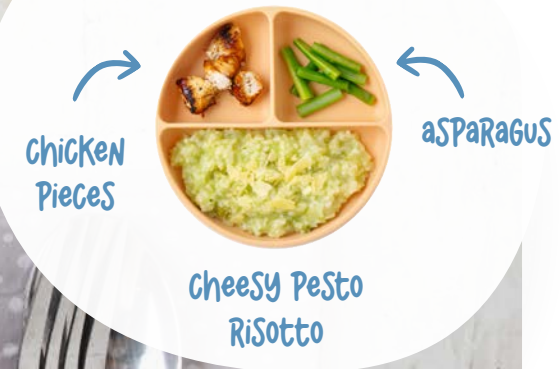


for the
little ones

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



4/6 servings



chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	43g/45g	14g/17g	59g/66g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CHICKEN STOCK PASTE	1 small jar	1 small jar
ARBORIO RICE	300g	300g + 150g
ASPARAGUS	1 bunch	2 bunches
BASIL	20g	2 x 20g
SHAVED PARMESAN CHEESE	1 bag	2 bags
DICED CHICKEN BREAST	600g	600g + 300g
GARLIC CLOVE	1	2

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 **stock paste**. Cook for 1 minute.



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**.

6P - blend basil leaves, 1 packet parmesan, 2 tbsp olive oil and 1/2 cup water.

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



2. Simmer the Risotto

Stir in **rice** and **5 cups water**. Bring to a simmer and cook for 20 minutes, stirring occasionally, until most **water** is absorbed and **rice** is creamy.

6P - pour in 7 1/2 cups water.



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.



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.



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.

6P - stir in 1/2 bag parmesan and use remaining to garnish.