

FOR the
Little ones



Risotto with
ShREDDed chicken



Lemon Chicken Risotto

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

30 Minutes

2 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	68g	28g	64g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHICKEN STOCK PASTE	1 small jar
ARBORIO RICE	150g
LEMON	1
DICED CHICKEN BREAST	300g
PARMESAN CHEESE	1 packet
CHIVES	1 bunch

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

COOKING TOOLS

frypan with lid, 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 & COURGETTES

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

tip Peel the courgettes to hide them from the kids! Add garlic for extra flavour!



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!



2. SIMMER THE RISOTTO

Add **rice** and stir to coat. Pour in **2 1/2 cups water**. Bring to a boil, semi-cover and simmer over medium heat until **water** has been absorbed (about 15-20 minutes). Stir occasionally, then see step 5.



5. FINISH THE RISOTTO

Stir **1/3 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!



3. MARINATE THE CHICKEN

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

tip For more flavour, add 1 tsp dried Italian herbs or another herb of choice.



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!