

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

4/6 SERVINGS

CHICKEN

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	64g	24g/28g	72g/75g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
ZUCCHINI	1	1
CHICKEN STOCK PASTE	1 small jar	1 small jar
ARBORIO RICE	300g	300g + 150g
LEMON	1	1
DICED CHICKEN BREAST	600g	600g + 300g
PARMESAN CHEESE	1 packet	2 packets
CHIVES	1 bunch	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!



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.

6P - cook in 2 batches.

tip Make chicken skewers if the kids prefer!



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.

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



5. FINISH THE RISOTTO

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

6P - stir in 1 packet parmesan cheese.

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



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.

6P - zest the whole lemon and combine with 3 tbsp oil, salt and pepper.



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!