



Product Spotlight: Fennel

Fennel has a mild licourice flavour and is very versatile! Try using it instead of celery, bean sprouts or even onion in some recipes! It works well in casseroles, soups, and lasagne too!



Risotto alla Milanese with Lemon Chicken and Broccoli

A beautifully simple risotto flavoured with saffron threads, lemon zest and fennel served with lemon and thyme chicken, broccoli and fresh rocket leaves.



30 minutes



2 servings



Chicken

16 June 2023

Cheese it up!

If you can't resist adding cheese to your risotto, try adding the rind of a parmesan cheese block into the risotto at step 2. You can serve the risotto with shaved parmesan to garnish or stir through mascarpone to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	7g	89g

FROM YOUR BOX

FENNEL	1
SAFFRON	1 packet
ARBORIO RICE	1 packet (150g)
LEMON	1
CHICKEN SCHNITZELS	300g
BROCCOLI	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried thyme (see notes)

KEY UTENSILS

2 frypans, kettle

NOTES

You can use dried oregano, dried dill, dried tarragon, or Italian herbs instead of dried thyme.

Cooking time for the fennel is based on medium-sized fennel bulb. If yours is bigger than an adult's palm, increase the cooking time to 5-7 minutes.



1. SAUTÉ THE FENNEL

Boil the kettle.

Heat a large frypan over medium-high heat with **oil**. Slice fennel and add to pan. Sauté for 5 minutes until fennel begins to soften (see notes).



2. COOK THE RISOTTO

Add saffron and rice to pan. Cook for 1 minute. Crumble in **stock cube** and pour in **2 1/2 cups boiling water**. Stir well and bring to a simmer. Reduce heat to medium and cook gently, covered, for 20 minutes, stirring occasionally or until rice is tender (add a little extra water if needed).



3. COOK THE CHICKEN

Heat a second frypan over medium-high heat. Zest lemon. Coat chicken in **oil**, 2 tsp lemon zest (reserve remaining), **1 tsp dried thyme, salt and pepper**. Add chicken and cook for 4-5 minutes each side. Remove chicken and keep pan over heat.



4. COOK THE BROCCOLI

While chicken is cooking, cut broccoli into florets (thinly slice any tender stems).

Add broccoli to pan with **1/4 cup water**. Cook for 2-4 minutes until water has evaporated and broccoli is cooked to your liking. Season with **salt and pepper**.



5. DRESS THE ROCKET LEAVES

Add rocket leaves to a bowl. Squeeze over juice from 1/2 lemon and toss to combine.

Wedge remaining lemon. Season risotto with remaining lemon zest and **salt and pepper** to taste.



6. FINISH AND SERVE

Divide risotto among shallow bowls. Serve with lemon chicken, broccoli and dressed rocket leaves. Garnish with lemon wedges.



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