



Product Spotlight: Sage


Sage is a lovely aromatic herb that pairs well with warm, nutty flavours, which makes it a great addition to this dish because it goes well with pumpkin!



Cheesy Pumpkin Risotto with Sage Chicken

Comforting and delicious! This pumpkin risotto is finished with parmesan cheese and served alongside tender chicken schnitzels seasoned with fresh sage.

 30 minutes

 2 servings

 Chicken

Make a one pan!

You can slice the chicken and cook it in the same pan as the risotto.

Chop the sage and use it in the risotto instead of the dried oregano.

Per serve: **PROTEIN** 56g **TOTAL FAT** 28g **CARBOHYDRATES** 52g

FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
BUTTERNUT PUMPKIN	1
ARBORIO RICE	150g
SAGE	1 packet
CHICKEN SCHNITZELS	300g
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, dried oregano, 1 chicken stock cube, salt, pepper

KEY UTENSILS

large frypan with lid, frypan, kettle (optional)

NOTES

You can use liquid stock instead of a stock cube if you have some. Add to a saucepan and bring to a simmer before adding to the rice in step 2.

Use the pumpkin to taste. We recommend using half for a 2 person serve.

Stir the risotto occasionally as it cooks to prevent the rice from sticking.



1. SAUTÉ THE VEGETABLES

Boil **1L water** in kettle (see notes).

Dice **onion** and **celery**. Peel and dice **pumpkin** (2cm). Heat a frypan over medium-high heat with **oil**. Add **vegetables** to pan along with **1 tsp oregano**. Cook for 5 minutes.



2. SIMMER THE RICE

Crumble in **1/2 stock cube** and stir in **rice**. Add **2 1/2 cups boiling water**. Cover and simmer for 15-20 minutes until **rice** is tender and all the water has absorbed (see notes). Add more **water** if needed.



3. COOK THE CHICKEN

Meanwhile, slice **sage** leaves. Coat **chicken** with **1/2 sage, oil, salt and pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through. Set aside.



4. FINISH THE RISOTTO

Stir **1/4 packet parmesan** and **remaining sliced sage** through **risotto** along with **1/4 cup hot water**. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Slice **chicken** and serve with **risotto**. Garnish with **parmesan cheese** to taste.



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