





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  4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	57g	28g	58g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CELERY STALKS	2	3
BUTTERNUT PUMPKIN	1	1
ARBORIO RICE	300g	300g + 150g
SAGE	1 packet	1 packet
CHICKEN SCHNITZELS	600g	600g + 300g
PARMESAN CHEESE	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, dried oregano, 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.

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



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1. SAUTÉ THE VEGETABLES

Boil **1.5L 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 **2-3 tsp oregano**. Cook for 5 minutes.



4. FINISH THE RISOTTO

Stir **1/2 packet parmesan** through **risotto** along with **1/2 cup hot water**. Season with **salt and pepper** to taste.

6P - add up to 1 cup hot water (as needed).



2. SIMMER THE RICE

Crumble in **stock cube** and stir in **rice**. Add **1L (4 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.

6P - add **1.4L (5 1/2 cups) boiling water**.



5. FINISH AND SERVE

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



3. COOK THE CHICKEN

Meanwhile, slice **sage leaves**. Coat **chicken** with **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.

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