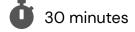




Spring Risotto with Rosemary Chicken

Risotto, but quick! It's not magic, it's just a clever recipe using basmati rice, WA-raised chicken and fresh WA veggies.







Bulk it up

If the family is feeling extra hungry, you can bulk up this meal by serving with crusty, buttered bread. Or, add a grated carrot or other finely diced veggies in step 3 (keeping in mind you may need to add a little more water and stock/salt).

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN SCHNITZELS	300g
ROSEMARY STALK	1
SPRING ONIONS	2
CHERRY TOMATOES	1/2 bag (100g) *
ROASTED CAPSICUM STRIPS	1/2 packet (150g) *
GREEN BEANS	1 bag (150g)
SNOW PEA SPROUTS	1/3 punnet *
MINT	1/2 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried oregano, 1/2 chicken or vegetable stock cube

KEY UTENSILS

saucepan, frypan

NOTES

Use the rice tub to easily measure right amount of water.

If you prefer, slice the chicken and stir though the risotto.

Add some grated parmesan to serve.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE CHICKEN

Rub chicken with 1/2 tbsp chopped rosemary, oil, salt and pepper. Heat a frypan over medium-high heat. Add the chicken and cook for 4-6 minutes each side or until cooked through. Remove to a plate. Keep pan over medium heat.



3. COOK THE VEGETABLES

Add 1 tbsp oil/butter to pan. Slice spring onions, halve cherry tomatoes, drain capsicum strips and trim and cut green beans into 3 cm pieces. Add to pan as you go with 1/2 tsp oregano, 1/2 crumbled stock cube and 1/2 cup water. Cook for 3-4 minutes.



4. ADD THE RICE

Add rice to vegetables and mix well. Season with salt and pepper.



5. MAKE THE TOPPINGS

Halve sprouts and roughly chop mint.



6. FINISH AND PLATE

Slice chicken.

Divide risotto among plates with chicken on the side. Top with snow pea sprouts and mint (see notes).



