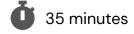




# **Baked Tarragon Chicken** with Risotto

Bring back memories of spring with this green risotto, featuring tender vegetables, tangy lemon, and elegant tarragon. Enjoyed with free-range WA-local baked chicken with crispy skin.





2 servings



# Not a fan of tarragon?

No problem! You can replace it with thyme, oregano, sage, or even mixed Italian herbs.

#### FROM YOUR BOX

LEMON	1
CHICKEN BREAST (SKIN-ON)	300g
DUTCH CARROTS	1/2 bunch *
COURGETTES	2
SPRING ONIONS	1/4 bunch *
ARBORIO RICE	150g
CHICKEN STOCK PASTE	1/2 jar *
SHREDDED CHEESE	1/2 packet *
SUGAR SNAP PEAS	1 bag (75g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried tarragon (see front page notes)

#### **KEY UTENSILS**

large frypan, oven tray, kettle

#### **NOTES**

If preferred, you can remove the skin from the chicken before baking. Finely dice it and add to the frypan after step 2, fry for 2-3 minutes, and continue with step 3. This will add some chicken flavour to the risotto.

For extra flavour, add 1 crushed garlic clove with the vegetables.



#### 1. ROAST THE CHICKEN

Set the oven to 220°C.

Zest lemon. Slash chicken in 3-4 places (see notes) and place on a lined oven tray. Rub with 1/2 tsp lemon zest, 1 tsp tarragon, oil, salt and pepper. Roast for 20-25 minutes or until cooked through.



#### 2. FRY THE VEGETABLES

Boil the kettle with 21/2 cups water.

Heat a large frypan with 1 tbsp oil/butter over medium-high heat. Dice (or grate) carrot and courgettes, slice spring onions, and add to pan as you go with 1 1/2 tsp tarragon and 1 tsp lemon zest (see notes). Cook for 2-3 minutes.



#### 3. ADD THE RICE

Add rice and stir through, cook for a further 2 minutes. Add 1 cup boiled water and stock, simmer until absorbed. Continue adding 1 cup water at a time, stirring frequently, until rice is cooked (approximately 15–20 minutes).



#### 4. FINISH THE RISOTTO

Add cheese (to taste), any resting juices from the chicken, and 1 tbsp butter to risotto. Stir through, cover, and let sit for 5 minutes. Season to taste with salt and pepper.

Stir through juice from 1/2 lemon (wedge remaining).



## **5. SLICE THE SUGAR SNAPS**

Trim and slice sugar snap peas into strips. Toss with 1/2 tbsp olive oil, salt and pepper (optional).



### 6. FINISH AND PLATE

Serve risotto in shallow bowls. Slice chicken and serve on the side.

Top with snow peas and a lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



