



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Rosemary

Rosemary is a herb that grows very well in WA. In fact, we bet you'll see heaps of rosemary bushes by simply walking up and down your street! Don't believe us? Head outside for a post-dinner walk and have a look!



## 2 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.

 30 minutes

 2 servings

 Chicken

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## 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 through 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).

**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**

