



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Arborio Rice

Arborio rice is a type of short-grain Italian rice. Due to the higher content of amylopectin starch in the rice it helps thicken dishes like risotto.



## 2 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.

 35 minutes

 4 servings

 Chicken

9 July 2021

*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)	600g
CARROTS	2
ZUCCHINI	1
SPRING ONIONS	1/4 bunch *
ARBORIO RICE	300g
CHICKEN STOCK PASTE	1/2 jar *
SHREDDED CHEESE	1/2 packet *
SUGAR SNAP PEAS	1 bag (150g)

*\*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 1-2 crushed garlic cloves 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 tsp lemon zest, **2 tsp tarragon, oil, salt and pepper**. Roast for 20-25 minutes or until cooked through.



### 2. FRY THE VEGETABLES

Boil the kettle with **5 cups water**.

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



### 3. ADD THE RICE

Stir through rice and 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, any resting juices from the chicken, and **2 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 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](mailto:hello@dinnertwist.com.au)

