



Chicken Risotto

with Saffron and Gremolata



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Chicken Stock Pot



Saffron Powder



Vine Tomato



Shallot



Flat Leaf Parsley



Balsamic Vinegar



Diced Chicken Thigh



Arborio Rice



Lemon



Honey



Baby Leaf Mix



Hard Italian Cheese

Authentic, comforting, and simple enough to rustle up in 35 minutes, this chicken and saffron risotto will bring a little bit of low-key luxury to your dinner time routine. To take flavours to the next level, we've topped it with oven roasted tomatoes and an authentic gremolata, a popular Italian garnish which will give a lovely crunchy texture to this deliciously creamy dish.

35 mins

1 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans**, some **Baking Paper**, a **Baking Tray**, **Ladle** and **Fine Grater**. Now, let's get cooking!



1 DO THE PREP

Put the **water** (see ingredients for amount), **stock pot** and **saffron** into a large saucepan and place on medium-low heat. Stir to dissolve the **stock**. Cut the **tomato** into wedges (eight per **tomato**). Halve, peel and thinly slice the **shallot** into thin half moons. Finely chop the **parsley** (stalks and all).



2 ROAST THE TOMATO

Pop the **tomato wedges** onto a lined baking tray. Drizzle on a splash of **olive oil**, the **balsamic vinegar** and season with a pinch of **salt**. Roast on the top shelf of your oven for 20 mins, then remove and keep to one side.



3 START THE RISOTTO

Meanwhile, heat a glug of **oil** in another large saucepan over medium heat. While it heats up, brown the **chicken** in the pan for 5 mins and then add the **shallot**. Cook until the **shallot** has softened, 3-4 mins.



4 COOK THE RISOTTO

Add the **arborio rice** to the pan. Stir to coat the **rice** in **oil** and then add a ladleful of **stock**. Stir continually until the **stock** has been absorbed by the **rice**. Continue this process until all of the **stock** is used. This should take about 20 mins. **★ TIP:** *Taste your rice, add a splash more hot water and cook for another minute or so if it is still a bit firm.*

❗ IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.*



5 FINISH OFF

In between stirring, zest the **lemon** and mix with the **parsley**. This is your **gremolata**. Squeeze the **lemon juice** into a large bowl with the **olive oil** (see ingredients for amount) and the **honey**. Toss the **baby leaf mix** in the dressing just before serving. When your **risotto** is cooked, remove from the heat and mix in the **hard Italian cheese** and a knob of **butter** (if you have some). Taste and add some **salt** and **pepper** if required.



6 SERVE

Share the **risotto** between your bowls, pop the **tomato wedges** on top. Sprinkle over the **gremolata**. Serve the **baby leaf mix** alongside. Eat without delay! **Risotto** does not like sitting around. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	750ml
Chicken Stock Pot	1
Saffron Powder	1 sachet
Vine Tomato, chopped	2
Shallot, sliced	1
Flat Leaf Parsley, chopped	1 bunch
Balsamic Vinegar (14)	1 tbsp
Diced Chicken Thigh	280g
Arborio Rice	175g
Lemon	½
Olive Oil*	1 tbsp
Honey	1 tbsp
Baby Leaf Mix	1 bag
Hard Italian Cheese (7)	40g

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 466G	PER 100G
Energy (kcal)	711	153
(kJ)	2973	639
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	82	18
Sugars (g)	14	3
Protein (g)	55	12
Salt (g)	2.86	0.61

ALLERGENS

7) Milk (14) Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

