



Ultimate Chicken, Bacon & Mushroom Risotto

with Parmigiano Reggiano and Rocket Salad

35

Ultimate 40-45 Minutes • 2 of your 5 a day



Chicken Fillet



Garlic Clove



Leek



Closed Cup Mushrooms



Bacon Lardons



Risotto Rice



Cider Vinegar



Chicken Stock Paste



Premium Tomatoes



Rocket



Parmigiano Reggiano

Pantry Items
Olive Oil, Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, baking paper, cling film, saucepan, measuring jug, ovenproof pan, bowl, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Chicken Fillet**	2	3	4
Garlic Clove**	2	3	4
Leek**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Boiling Water for the Stock*	450ml	675ml	900ml
Bacon Lardons**	60g	90g	120g
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	15g	20g	30g
Premium Tomatoes	125g	190g	250g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	80g	80g
Parmigiano Reggiano** 7)	20g	30g	40g
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	3393 / 811	592 / 141
Fat (g)	30	5
Sat. Fat (g)	12	2
Carbohydrate (g)	76	13
Sugars (g)	5	1
Protein (g)	57	10
Salt (g)	2.83	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Flatten the Chicken

Preheat your oven to 200°C. Boil a full kettle. Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Set aside.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. Peel and grate the **garlic** (or use a garlic press). Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice. Thinly slice the **mushrooms**.



Prep the Salad

While the **risotto** bakes, halve the **tomatoes**. Pour the **olive oil for the dressing** (see ingredients for amount) and remaining **cider vinegar** into a medium bowl. Season with **salt, pepper** and a pinch of **sugar** (if you have any). Mix together, then set the **dressing** aside. Just before you are ready to serve, pop the **rocket** and **tomatoes** into the **dressing** bowl and toss to coat.



Fry Time

Pour the **boiling water for the stock** (see ingredients for amount) into a measuring jug. Heat a drizzle of **oil** in a large ovenproof pan on medium heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). Once the pan is hot, add the **bacon lardons** and stir-fry until golden, 2-3 mins. Add the **leek** and **mushrooms**, then stir-fry until browned, 4-5 mins. Add the **garlic** and cook for 1 min more.
IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Cook the Chicken

Once the **risotto** has baked for 10 mins, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, lay the **chicken** into the pan and fry until golden-brown, 5-6 mins each side. Transfer the **cooked chicken** to a plate to rest for a couple of mins, loosely covered in foil.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Bake the Risotto

Add the **risotto rice** to the pan. Stir and cook until the edges of the **rice** are translucent, 1-2 mins. Add **half** the **cider vinegar**, stir together and allow the **vinegar** to evaporate, 30 secs. Stir in the **boiled water** and **chicken stock paste**, then stir well to combine. Bring to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Finish and Serve

When the **risotto** is cooked, remove it from the oven and mix in the **butter** (see ingredients for amount) and **three quarters** of the **parmesan cheese**. Season to taste with **salt** and **pepper** if needed. **TIP:** Add a splash of water if it needs loosening. Spoon the **risotto** into bowls, then slice the **chicken** widthways into 5 pieces and lay on top. Finish your **ultimate chicken, bacon and mushroom risotto** with a sprinkle of the remaining **parmesan** and serve the **salad** alongside.

Enjoy!