



Chicken, Mushroom & Thyme Baked Risotto

with Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Thyme



Button Mushrooms



Chicken Thigh



Arborio Rice



Chicken Stock



Pear



Rocket Leaves



Grated Parmesan Cheese

Hands-on: **25-35 mins**
Ready in: **55-65 mins**

1 Eat me early

For a rich, creamy and delicious risotto without standing over the stove stirring, use your oven! This baked version features mushrooms and chicken thigh for lots of flavour, and has a fresh and easy salad on the side to lighten up the whole meal. Dinner will never be the same again!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
button mushrooms	1 punnet (250g)	1 punnet (400g)
chicken thigh	1 packet	1 packet
butter*	40g	80g
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
chicken stock	1 sachet	2 sachets
pear	1	2
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3620kJ (866Cal)	607kJ (145Cal)
Protein (g)	46.9g	7.9g
Fat, total (g)	30.1g	5.0g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	97.1g	16.3g
- sugars (g)	16.4g	2.7g
Sodium (g)	350mg	59mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Thinly slice the **button mushrooms**. Cut the **chicken thigh** into 2cm chunks.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



2. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned, **3-4 minutes**. Season with a **pinch of salt** and **pepper** and transfer to a plate.

TIP: The chicken will finish cooking in step 4!



3. Start the risotto

Return the pan to a high heat with a **drizzle of olive oil** and **1/2 the butter**. When the oil is hot, add the sliced **mushrooms** and cook until browned, **5 minutes**. Add the **onion, garlic** and **thyme** and cook until softened and fragrant, **3-4 minutes**.



4. Bake the risotto

Add the **arborio rice**, the **water** and **chicken stock** to the pan with the **mushrooms**. Return the **chicken** to the pan (along with any chicken resting juices). Bring to the boil, then transfer the **risotto** to a medium baking dish. Cover with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. Halfway through cooking, stir through a **splash of water**.

TIP: 'Al dente' means the rice is cooked through but has a tiny bit of firmness left in the middle.



5. Finish the risotto

While the risotto is cooking, thinly slice the **pear**. In a medium bowl, combine the **pear** and **rocket leaves**. Just before serving, add the **balsamic vinegar** and **olive oil (1 1/2 tsp for 2 people / 1 tbs for 4 people)** and toss to coat. When the **risotto** is done, stir through the **grated Parmesan cheese** and the **remaining butter**. Season to taste with **salt** and **pepper**.

TIP: Beating in Parmesan and butter is an Italian technique called 'mantecatura', and it helps give the risotto an extra-creamy texture.



6. Serve up

Divide the chicken, mushroom and thyme risotto between bowls. Serve with the pear salad.

Enjoy!