



WCOOK

Crumbed Chicken & Lemon Risotto

with Italian-style cheese & peas

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kiona Schnugh

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 480kJ | 3793kJ |
| Energy | 115kcal | 907kcal |
| Protein | 6.8g | 53.4g |
| Carbs | 17.2g | 135.9g |
| of which sugars | 2.6g | 20.9g |
| Fibre | 2.1g | 16.7g |
| Fat | 1.9g | 15g |
| of which saturated | 0.8g | 6g |
| Sodium | 179mg | 1412mg |

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk,
Alcohol, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 1 | Onion <i>peel & finely dice ½ [1]</i> |
| 1 | 2 | Celery Stalk/s <i>rinse & finely slice</i> |
| 100g | 200g | Peas |
| 1 | 1 | Lemon <i>rinse, zest & cut ½ [1] into wedges</i> |
| 1 | 1 | Chicken Stock Sachet |
| 100ml | 200ml | Risotto Rice |
| 30ml | 60ml | White Wine |
| 30g | 60g | Italian-style Hard Cheese <i>grate</i> |
| 1 | 2 | Crumbed Chicken Breast/s |
| 3g | 5g | Fresh Parsley <i>rinse, pick & finely chop</i> |

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Blender

Milk

Butter

Paper Towel

1. PEA PUREE Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, fry a ¼ of the onion and all the celery. Fry until lightly golden, 3-4 minutes. Remove from the pan. Place the onion and celery, and the peas in a blender. Add 2 tbsp [4 tbsp] of milk, a squeeze of lemon juice (to taste), and seasoning. Blitz into a smooth purée and add a splash of water if it's too thick.

2. READY THE RISOTTO Dilute ½ [1] of the stock with 600ml [900ml] of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining onion until softened, 4-5 minutes. Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 2-4 minutes. Add a ladleful of the diluted stock and gently simmer until absorbed (stirring constantly). Once absorbed, add the next ladle of stock. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix through the pea purée, the cheese, a knob of butter, lemon zest (to taste), a squeeze of lemon juice (to taste), and seasoning. If too thick, loosen with a splash of hot water just before serving.

3. CRUMBED CHICKEN Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

4. FANTASTIC FEAST Bowl up the lemon and pea risotto. Top with the crumbed chicken and garnish with the parsley. Dig in, Chef!