



WCOOK

Crumbed Chicken & Lemon Risotto

with Italian-style cheese & peas

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

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 3	[Serves 4]	
2	2	Onions <i>peel & finely dice 1½ [2]</i>
3	4	Celery Stalks <i>rinse & finely slice</i>
300g	400g	Peas
2	2	Lemons <i>rinse, zest & cut 1½ [2] into wedges</i>
2	2	Chicken Stock Sachets
300ml	400ml	Risotto Rice
90ml	125ml	White Wine
90g	120g	Italian-style Hard Cheese <i>grate</i>
3	4	Crumbed Chicken Breasts
8g	10g	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, 4-6 minutes. Remove from the pan. Place the onion and celery, and the peas in a blender. Add 6 tbsp [8 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 1½ [2] of the stock with 1.2L [1.5L] of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining onion until softened, 5-7 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!