



UCOOK

Creamy Chicken Risotto

with crispy chicken mince & thyme

Al dente risotto rice is layered with golden pan-fried chicken mince, Italian-style cheese, & white wine. Finished with a flourish of chopped parsley and a squeeze of lemon juice.

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Nell

 ***NEW Simple & Save**

 **Paserene | Bright Chardonnay**

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Ingredients & Prep

10ml	NOMU Italian Rub
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Risotto Rice
50ml	White Wine
150g	Chicken Mince
20ml	Grated Italian-style Hard Cheese
10ml	Lemon Juice
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. READY TO MAKE RISOTTO? Boil the kettle. Dilute the rub with 400ml of boiling water. Place a pot for the risotto over a medium heat with a drizzle of oil. When hot, sweat the diced onion for 3-4 minutes until soft and translucent. Add the grated garlic and cook for 1-2 minutes until fragrant, shifting constantly. Stir through the rice for about 30 seconds. Pour in the wine and simmer until evaporated. Add a ladleful of diluted rub and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle of diluted rub when the previous one has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente. Add more water if necessary. Season to taste.

2. MMMMINCE Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelize for 5-6 minutes until browned, stirring occasionally. Season to taste.

3. ADD THE RICHNESS When the risotto is cooked, stir through ½ the caramelised mince, ¾ of the grated hard cheese, and a generous knob of butter (optional). Season with some lemon juice to taste and some seasoning.

4. AS SIMPLE AS THAT! Dish up the creamy risotto and top with the remaining chicken mince and grated hard cheese. Sprinkle over the chopped peppers and chopped parsley. Finish with a drizzle of any remaining lemon juice. Buon appetito, Chef!

Nutritional Information

Per 100g

Energy	680kj
Energy	163kcal
Protein	9.2g
Carbs	19g
of which sugars	2.5g
Fibre	1.1g
Fat	4.2g
of which saturated	1.3g
Sodium	206mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 1
Day