



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Arborio Rice

Arborio rice is a type of short-grain Italian rice. Due to the higher content of amylopectin starch in the rice it helps thicken dishes like risotto.



2 Baked Tarragon Chicken with Risotto

Bring back memories of spring with this green risotto, featuring tender vegetables, tangy lemon, and elegant tarragon. Enjoyed with free-range WA-local baked chicken with crispy skin.

 35 minutes

 2 servings

 Chicken

9 July 2021

Not a fan of tarragon?

*No problem! You can replace it with
thyme, oregano, sage, or even mixed
Italian herbs.*

FROM YOUR BOX

LEMON	1
CHICKEN BREAST (SKIN-ON)	300g
DUTCH CARROTS	1/2 bunch *
COURGETTES	2
SPRING ONIONS	1/4 bunch *
ARBORIO RICE	150g
CHICKEN STOCK PASTE	1/2 jar *
SHREDDED CHEESE	1/2 packet *
SUGAR SNAP PEAS	1 bag (75g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried tarragon (see front page notes)

KEY UTENSILS

large frypan, oven tray, kettle

NOTES

If preferred, you can remove the skin from the chicken before baking. Finely dice it and add to the frypan after step 2, fry for 2-3 minutes, and continue with step 3. This will add some chicken flavour to the risotto.

For extra flavour, add 1 crushed garlic clove with the vegetables.



1. ROAST THE CHICKEN

Set the oven to 220°C.

Zest lemon. Slash chicken in 3-4 places (see notes) and place on a lined oven tray. Rub with 1/2 tsp lemon zest, **1 tsp tarragon, oil, salt and pepper**. Roast for 20-25 minutes or until cooked through.



2. FRY THE VEGETABLES

Boil the kettle with **2 1/2 cups water**.

Heat a large frypan with **1 tbsp oil/butter** over medium-high heat. Dice (or grate) carrot and courgettes, slice spring onions, and add to pan as you go with **1 1/2 tsp tarragon** and 1 tsp lemon zest (see notes). Cook for 2-3 minutes.



3. ADD THE RICE

Add rice and stir through, cook for a further 2 minutes. Add **1 cup boiled water** and stock, simmer until absorbed. Continue adding **1 cup water** at a time, stirring frequently, until rice is cooked (approximately 15-20 minutes).



4. FINISH THE RISOTTO

Add cheese (to taste), any resting juices from the chicken, and **1 tbsp butter** to risotto. Stir through, cover, and let sit for 5 minutes. Season to taste with **salt and pepper**.

Stir through juice from 1/2 lemon (wedge remaining).



5. SLICE THE SUGAR SNAPS

Trim and slice sugar snap peas into strips. Toss with **1/2 tbsp olive oil, salt and pepper** (optional).



6. FINISH AND PLATE

Serve risotto in shallow bowls. Slice chicken and serve on the side.

Top with snow peas and a lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

