

DINNERLY



Low-Cal Chicken Pesto Risotto with Peas



30-40min



2 Servings

Italian comfort food isn't all meat and cheese and red sauce galore. A warm, creamy risotto topped with tender morsels of chicken is practically a hug in a bowl. And if you've never attempted risotto before, we're here to show you how easy it is! We've got you covered!

WHAT WE SEND

- 1 pkt chicken broth concentrate
- 5 oz arborio rice
- 2½ oz peas
- ½ lb pkg chicken breast strips
- 2 oz basil pesto ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 610kcal, Fat 28g, Carbs 61g, Protein 36g



1. Prep garlic & broth

Finely chop 2 **teaspoons garlic**.

In a medium bowl, stir to combine **broth concentrate**, **4 cups warm tap water**, and **½ teaspoon salt**.



2. Cook aromatics

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **rice** and **chopped garlic**. Cook, stirring, until rice is lightly toasted and garlic is fragrant, about 2 minutes. Reduce heat to medium.



3. Cook risotto & peas

To skillet with **rice**, add **½ cup of the broth**. Cook, stirring frequently, until nearly absorbed, 1–2 minutes. Continue adding **½ cup broth** at a time; stir until nearly absorbed before adding more, about 25 minutes total. Rice should be al dente and suspended in a thick sauce.

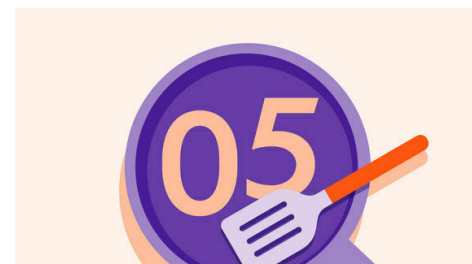
Stir in **peas** and cook until warmed through, about 2 minutes more.



4. CHICKEN VARIATION

Preheat broiler with a rack in the top position.

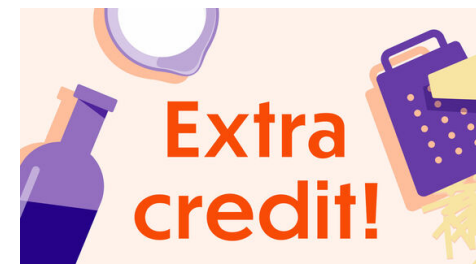
Pat **chicken** dry. Transfer to a rimmed baking sheet; toss with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Arrange in an even layer; broil on upper oven rack until cooked through, 6–8 minutes (watch closely as broilers vary).



5. Add pesto & serve

Stir **2 tablespoons pesto** into **risotto**. Season to taste with **salt** and **pepper**.

Serve **pesto risotto** with **broiled chicken** over top, and drizzled with **remaining pesto**. Enjoy!



6. Cheese please!

Risotto is the perfect home for grated Parmesan. Stir it into the risotto with the pesto in step 5, or grate it on top before serving!