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Garlic & Thyme Chicken Kebabs with Lemon & Spinach Risoni

If this explosion of colour on your plate doesn't get you excited for dinner, we don't know what will. Kebabs of chicken in a Grecian marinade of olive oil, garlic, thyme and lemon sit atop a bed of zesty risoni, the perfect way to soak up every delicious morsel of flavour in this meal.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



eat me early



high protein

Pantry Items



Olive Oil



Garlic



Thyme



Lemon



Chicken Thighs



Red Onion



Cherry Tomatoes



Risoni



Baby Spinach

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2P	4P	Ingredients
1 ½ tbs	3 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
1 bunch	2 bunches	thyme, leaves finely chopped
1	2	lemon, zested & cut into wedges
350 g	700 g	chicken thighs, cut into 2 cm cubes
1	2	red onion, cut into wedges
½ punnet	1 punnet	cherry tomatoes
½ cup	1 cup	risoni
1 bag	2 bags	baby spinach, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2420	Kj
Protein	42.4	g
Fat, total	24.7	g
-saturated	5.6	g
Carbohydrate	43.5	g
-sugars	7.5	g
Sodium	203	mg

3a



You will need: *chef's knife, chopping board, garlic crusher, fine grater, sieve, shallow dish, bamboo or metal skewers, and a medium pot.*

1 Preheat the grill to a medium-high heat.

2 In a shallow dish combine half of the **olive oil**, the **garlic**, **thyme** and the juice of half of the **lemon wedges**.

3 Skewer the **chicken thigh cubes**, **red onion wedges** and **cherry tomatoes** onto the skewers, alternating as you go. Pour over the marinade and set aside for at least **15 minutes** to marinate.

4 Place the chicken skewers under the grill and cook for **8 minutes** on each side or until the chicken is cooked through.

Tip: If you're using bamboo skewers, wrap the exposed ends with foil.

5 Meanwhile, bring a medium saucepan of salted water to the boil. Add the **risoni** and cook for **8 minutes** or until 'al dente'. Drain. Leave in the sieve or colander while you cook the spinach (see step 6).

6 Heat the remaining olive oil in the same saucepan you cooked the risoni in over a medium heat. Add the **baby spinach** and cook, stirring, for **1 minute** or until wilted. Return the risoni to the pan and stir through the baby spinach. Add a pinch of **lemon zest** and season to taste with **salt** and **pepper**.

7 Divide the risoni between plates and top with the chicken skewers. Serve with the remaining lemon wedges.

Did you know? The psychological term for a fear of garlic is alliumphobia.

3b



6a



6b

