



# Easy Italian-Style Chicken Risoni Bake

with Parmesan

WINTER WARMERS

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Chicken Thigh



Silverbeet



Soffritto Mix



Risoni



Passata



Chicken-Style Stock Powder



Italian Herbs



Shaved Parmesan Cheese



Plant-Based Crumbed Chicken

Prep in: 15-25 mins  
Ready in: 45-55 mins

Eat Me Early

Delicate, rice-shaped risoni soaks up the rich red sauce beautifully in this crowd-pleasing pasta bake. Top with succulent garlic and herb-seasoned chicken thigh, plus a sprinkle of sharp Parmesan to bring it all together.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
silverbeet	1 medium bag	1 large bag
soffritto mix	1 medium bag	1 large bag
risoni	1 medium packet	1 large packet
passata	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
Italian herbs	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>boiling water*</b>	1 cup	2 cups
<b>butter*</b>	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2911kJ (696Cal)	582kJ (139Cal)
Protein (g)	47.1g	9.4g
Fat, total (g)	22.1g	4.4g
- saturated (g)	11.1g	2.2g
Carbohydrate (g)	72.9g	14.6g
- sugars (g)	11.8g	2.4g
Sodium (mg)	1568mg	313mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (812Cal)	762kJ (182Cal)
Protein (g)	31.3g	7g
Fat, total (g)	33.1g	7.4g
- saturated (g)	10.4g	2.3g
Carbohydrate (g)	91.9g	20.6g
- sugars (g)	12.8g	2.9g
Sodium (mg)	2244mg	504mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Prep the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, until browned, **2 minutes** each side. Transfer to a baking dish (the chicken will finish cooking in step 3!).

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, season as above. In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken, until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

3



## Finish the risoni

- Transfer **risoni mixture** to the baking dish with the **chicken**. Cover tightly with foil.
- Bake until liquid is absorbed and **chicken** is cooked through (when no longer pink inside), **25-30 minutes**.
- Stir in the **butter** and **shaved Parmesan cheese** (reserve a pinch for the garnish). Season to taste (add a dash more water if the risoni looks dry).

**Custom Recipe:** Slice plant-based crumbed chick'n. Stir chick'n through risoni with the butter and Parmesan cheese. Season to taste.

2



## Start the risoni

- Boil the kettle. Roughly chop **silverbeet**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **2-3 minutes**. Add **silverbeet** and cook until wilted, **1-2 minutes**.
- Add **risoni** and cook, stirring to coat, **1 minute**.
- Stir in **passata**, **chicken-style stock powder**, **Italian herbs**, the **brown sugar** and the **boiling water** (1 cup for 2 people / 2 cups for 4 people).

4



## Serve up

- Slice chicken.
- Divide Italian-style chicken risoni bake between plates.
- Sprinkle with reserved Parmesan to serve. Enjoy!

## Rate your recipe

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