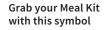


Easy Italian-Style Chicken Risoni Bake

with Parmesan

WINTER WARMERS







Seasoning





Soffritto Mix





Chicken-Style Stock Powder



Italian Herbs

Shaved Parmesan Cheese





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.



Olive Oil, Brown Sugar, Butter

Pantry items

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

3		
	2 People	4 People
olive oil*	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
brown sugar*	1 tsp	2 tsp
boiling water*	1 cup	2 cups
butter*	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

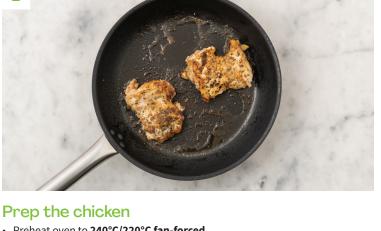
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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





- 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.



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.



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).



Serve up

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



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate