HELLO FRESH

Easy Italian-Style Chicken Risoni Bake
with Parmesan

WINTER WARMERS

Garlic & Herb Seasoning

Chicken Thigh

Silverbeet

Soffritto Mix

Risoni

Passata

Chicken-Style Stock Powder

Italian Herbs

Shaved Parmesan Cheese

Diced Bacon

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

AC

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 · Large baking dish

Ingredients

	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	2 small packets OR 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)
diced bacon**	1 packet (90g)	1 packet (180g)

***Pantry Items** ***Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2909kJ (695Cal)	581kJ (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)	3297kJ (788Cal)	604kJ (144Cal)
Protein (g)	54g	9.9g
Fat, total (g)	28.8g	5.3g
- saturated (g)	13.6g	2.5g
Carbohydrate (g)	73.6g	13.5g
- sugars (g)	12.3g	2.3g
Sodium (mg)	1998mg	366mg

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.

1

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).

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).

Custom Recipe: If you've added diced bacon, before cooking the soffritto mix, add diced bacon to the frying pan and cook, breaking bacon up with a spoon, until browned, 3-4 minutes. Continue as above.

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).

4

Serve up

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