



Hearty Mushroom & Green Veggie Risoni

with Parmesan Cheese & Flaked Almonds

COSY COMFORTS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Brown Onion



Garlic



Rosemary



Risoni



Sliced Mushrooms



Garlic & Herb Seasoning



Vegetable Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Flaked Almonds



Chilli Flakes (Optional)



Chicken Breast

Recipe Update

We've replaced the arborio rice in this recipe with risoni due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: **20-30 mins**
Ready in: **40-50 mins**



Calorie Reduced*
**Custom recipe is not Calorie Reduced*



Eat Me Early

Tonight, we are serving up the warmest, tastiest and easiest pasta dish that is sure to pair perfectly with the cooler weather! With little elbow work, this decadent dish comes together quick smart.

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
risoni	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock pot	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
butter*	20g	40g
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2078kJ (497Cal)	467kJ (112Cal)
Protein (g)	19.3g	4.3g
Fat, total (g)	9.1g	2g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	84.3g	18.9g
- sugars (g)	10.9g	2.4g
Sodium (mg)	1204mg	271mg
Dietary Fibre (g)	9.9g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668Cal)	458kJ (109Cal)
Protein (g)	55.9g	9.2g
Fat, total (g)	11.6g	1.9g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	84.4g	13.8g
- sugars (g)	10.9g	1.8g
Sodium (mg)	1274mg	209mg
Dietary Fibre	10.1g	1.7g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **zucchini** into thick half-moons.
- Roughly chop **brown onion**.
- Finely chop **garlic**.
- Pick and finely chop **rosemary**.

Custom Recipe: If you've added chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Make it saucy

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **sliced mushrooms**, stirring, until tender, **5-6 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **risoni**, **vegetable stock pot**, **thyme**. Stir to combine.



Roast zucchini

- Place **zucchini** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Set aside.



Bring it all together

- Remove risoni from heat, then stir through **baby spinach leaves**, **Parmesan cheese**, **roasted zucchini** and the **butter**. Season to taste.
- Stir through a splash of **water** to loosen risoni if needed.



Start the risoni

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **risoni** in boiling water until 'al dente', **7-8 minutes**.
- Drain risoni.



Serve up

- Divide hearty mushroom and green veggie risoni between bowls.
- Garnish with **flaked almonds** and **chilli flakes** (if using) to serve. Enjoy!

Custom Recipe: Slice chicken. Top hearty mushroom and green veggie risoni with chicken to serve.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW20

