



Zesty Chicken & Mushroom Risoni

with Apple Salad & Parmesan Cheese

NEW



Grab your Meal Kit with this symbol



Chicken Thigh



Sliced Mushrooms



Risoni



Lemon Pepper Seasoning



Nan's Special Seasoning



Apple



Mixed Salad Leaves



Parmesan Cheese



Chicken Thigh

Prep in: 25-35 mins
Ready in: 50-60 mins

Eat Me First

Tonight's dinner means minimal elbow work and maximum flavour, with the starchy risoni soaking up all the delicious flavours, from the tender chicken to the squeaky mushrooms like a treat.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
risoni	1 medium packet	2 medium packets
lemon pepper seasoning	1 medium sachet	2 medium sachets
Nan's special seasoning	1 medium sachet	1 large sachet
apple	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
butter*	30g	60g
Parmesan cheese	1 medium packet	1 large packet
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3085kJ (737Cal)	713kJ (170Cal)
Protein (g)	43.8g	10.1g
Fat, total (g)	25.9g	6g
- saturated (g)	14.4g	3.3g
Carbohydrate (g)	81g	18.7g
- sugars (g)	9.1g	2.1g
Sodium (mg)	912mg	211mg
Dietary Fibre (g)	4.6g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3911kJ (935Cal)	654kJ (156Cal)
Protein (g)	74.1g	12.4g
Fat, total (g)	34.3g	5.7g
- saturated (g)	16.9g	2.8g
Carbohydrate (g)	81.1g	13.6g
- sugars (g)	9.3g	1.6g
Sodium (mg)	1013mg	169mg
Dietary Fibre (g)	4.6g	0.8g

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



1



Get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cut **chicken thigh** into 2cm chunks.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above and cook in batches for best results.

4



Toss the salad

- Meanwhile, thinly slice **apple** into wedges.
- In a large bowl, combine a drizzle of **vinegar** and **olive oil**. Season.
- Just before serving, add **mixed salad leaves** and **apple** and toss to combine.

2



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **sliced mushrooms**, stirring, until browned and softened, **6-8 minutes**. Season and transfer to a bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.

5



Bring it all together

- Add **risoni**, the **butter** and **Parmesan cheese** to pan with chicken and stir to combine. Stir through a splash of **water** to loosen if needed. Season to taste.

3



Finish the sauce

- Meanwhile, cook **risoni** in the boiling water until 'al dente', **7-8 minutes**. Drain **risoni** and set aside.
- To pan with chicken, return **mushrooms** and add **lemon pepper seasoning** and **Nan's special seasoning**, tossing until fragrant, **1 minute**.

6



Serve up

- Divide chicken and mushroom risoni between bowls.
- Serve with apple salad. Enjoy!

Rate your recipe

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