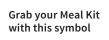


NEW











Chicken Thigh

Sliced Mushrooms







Lemon Pepper Seasoning



Nan's Special



Seasoning



Mixed Salad



Parmesan Cheese

Leaves



Prep in: 25-35 mins Ready in: 50-60 mins Tonight's dinner means minimal elbow work and maximum flavour, with the starchy risoni soaking up all the delicious



Pantry items

Before you start

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	
* Dentus Hama ** Custom Posino Ingradient			

^{*}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	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!

2024 | CW22

Scan here if you have any questions or concerns

Wash your hands and any fresh food



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.



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**.



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.



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.



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.



Serve up

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

