



# Baked Italian Chicken & Spinach Risoni

with Parmesan & Lemon

WINTER WARMERS

Grab your meal kit with this number

37



Lemon



Chicken Thigh



Soffritto Mix



Garlic Paste



Garlic & Herb Seasoning



Tomato Paste



Risoni



Italian Herbs



Chicken-Style Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Mild Chorizo



Chicken Breast

Prep in: 15-25 mins  
Ready in: 35-45 mins

Eat Me First

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.

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium or large baking dish · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lemon	½	1
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
risoni	1 medium packet	2 medium packets
Italian herbs	½ medium sachet	1 medium sachet
<b>boiling water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	30	60g
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	648kJ (155Cal)
Protein (g)	47.3g	10.1g
Fat, total (g)	27.1g	5.8g
- saturated (g)	13.9g	3g
Carbohydrate (g)	70.3g	14.9g
- sugars (g)	9.8g	2.1g
Sodium (mg)	1354mg	288mg
Dietary Fibre (g)	5.7g	1.2g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **lemon** into wedges.
- Cut **chicken thigh** into 2cm chunks.

3



## Bake the risoni

- To a baking dish, add **chicken mixture, risoni, Italian herbs (see ingredients)**, the **boiling water** (1½ cups for 2 people / 3 cups for 4 people) and **chicken-style stock powder**. Stir to combine. Cover with foil. Bake until risoni is tender and chicken is cooked through, **20-25 minutes**.
- Remove **risoni** from oven, then stir through the **butter**, a squeeze of **lemon juice** and **baby spinach leaves**, until wilted, **1 minute**. If needed, add a splash of **water** to loosen the risoni. Season to taste.

**TIP:** Chicken is cooked through when it's no longer pink inside.

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** and **soffritto mix**, tossing, until golden, **4-5 minutes** (the chicken will finish cooking in the oven!).
- Reduce heat to medium. Add **garlic paste, garlic & herb seasoning** and **tomato paste**. Cook, tossing, until fragrant, **1 minute**. Remove from heat.

4



## Serve up

- Divide baked Italian chicken and spinach risoni between bowls.
- Top with **Parmesan cheese** and remain lemon wedges to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS

#### + ADD MILD CHORIZO

Roughly chop. Cook with the veggies until golden, 7-8 minutes. Continue with recipe.

#### ↻ SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

