

Rustic Chicken & Basil Pesto Risoni Bake

with Parmesan & Cucumber Salad

NEW

Grab your meal kit with this number

39



Chicken Thigh



Tomato Paste



Garlic & Herb Seasoning



Chicken Stock Pot



Risoni



Cucumber



Mixed Salad Leaves



Baby Spinach Leaves



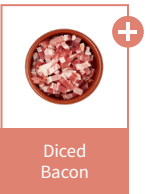
Parmesan Cheese



Basil Pesto



Chicken Thigh



Diced Bacon

Prep in: 15-25 mins
Ready in: 45-55 mins

Eat Me Early

Sit back and let the oven do all the work in this top tier chicken risoni number. Tasty chicken thigh meets garlic and herb seasoning in the risoni of a lifetime and while the aromas fill up the room, all you have to worry about is whipping up a simple, yet satisfying salad!

Pantry items

Olive Oil, White Wine Vinegar, 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

Large ovenproof saucepan with a lid (or foil)

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
tomato paste	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken stock pot	1 medium packet	2 medium packets
risoni	1 medium packet	2 medium packets
boiling water*	1¾ cups	3½ cups
cucumber	1	2
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
butter*	30g	60g
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
basil pesto	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3562kJ (851Cal)	811kJ (193Cal)
Protein (g)	48.5g	11g
Fat, total (g)	41.4g	9.4g
- saturated (g)	15.6g	3.6g
Carbohydrate (g)	68.6g	15.6g
- sugars (g)	10g	2.3g
Sodium (mg)	1380mg	314mg
Dietary Fibre (g)	8.3g	1.9g

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

2025 | CW02



Cook the chicken

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken thigh**, until starting to brown, **2-3 minutes** each side.
- Transfer **chicken** to a plate.

TIP: The chicken will continue cooking in step 3!



Finish the risoni

- While the risoni is baking, thinly slice **cucumber** into rounds.
- In a medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- Once risoni is done, remove lid and transfer **chicken** to a chopping board.
- To risoni, stir in the **butter**, **baby spinach leaves** and **Parmesan cheese**, until wilted. Season to taste.

TIP: Stir through a splash of water to loosen the risoni if needed.

CUSTOM OPTIONS

+ DOUBLE CHICKEN THIGH
Follow method above, cooking in batches if necessary.

+ ADD DICED BACON
Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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



Start the risoni

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste** and **garlic & herb seasoning**, stirring until fragrant, **1-2 minutes**.
- Add **chicken stock pot**, **risoni** and the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people) and stir to combine. Top with **chicken**.
- Cover with a lid (or foil) and bake until liquid is absorbed and chicken is cooked (when no longer pink inside), **25-30 minutes**.



Finish & serve

- Slice chicken.
- Divide risoni bake between bowls.
- Top with rustic chicken and **basil pesto**.
- Serve with cucumber salad. Enjoy!