

Bruschetta-Style Mozzarella Chicken with Herby Lemon Risoni





Cook a twist on the traditional bruschetta





Lemon

Garlic





Mozzarella Cheese

Cherry Tomatoes





Chicken Breast

Oregano





Italian Herbs

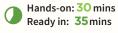
Rison





Vegetable Stock

Pantry Staples: Olive Oil, Water





What do you feel like for dinner tonight? A little pasta maybe? Or some chicken breast? Or maybe even bruschetta? Well, how about we combine all three into a delectable meal that only takes around half an hour to whip up! Perfect.

BEFORE YOU = STARI

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, box grater, garlic crusher, small serrated knife, large frying pan, tongs, oven tray lined with baking paper, wooden spoon and medium bowl.



GET PREPPED Preheat the oven to 220°C/200°C fanforced. Grate the Mozzarella cheese. Dice the **zucchini**. Peel and crush the **garlic**. Halve the **cherry tomatoes**. * TIP: It's much easier to cut tomatoes using a small serrated knife. Pick the oregano leaves. Juice the lemon (use suggested amount).



COOK THE MOZARELLA CHICKEN Heat a drizzle of olive oil in a large frying pan over a high heat. Season both sides of the chicken breast with salt and pepper. Add the chicken to the pan and cook each side for 2 minutes, or until golden. Transfer the chicken to an oven tray lined with baking paper and place in the oven for 10-12 minutes, or until cooked through. When the chicken has 2 minutes left of cooking time, sprinkle the Mozzarella over it and return to the oven until melted and golden.



COOK THE HERBY LEMON RISONI Return the frying pan to a medium-high heat. Add the zucchini and cook for 3-4 minutes, until soft. Add 3/4 of the garlic and the Italian herbs (use suggested amount) and cook for 1 minute, until fragrant. Add the risoni, water (use suggested amount) and the vegetable stock cube (use suggested amount). Bring to the boil, reduce the heat to medium and simmer, stirring, for 10-15 minutes, or until all the water is absorbed.



SERVE UP Divide the herby lemon risoni and mozzarella chicken between plates. Top the chicken with the bruschetta topping.





BRUSCHETTA TOPPING

While the risoni is cooking, combine 1/2 the **cherry tomatoes**, the **oregano** and a pinch of the remaining garlic in a medium bowl. Add the lemon juice (1 tsp for 2 people / 2 tsp for 4 people), a drizzle of olive oil and a pinch of salt and pepper.

*TIP: Add more lemon juice or garlic depending on your taste preference.



FINISH THE RISONI When the risoni has finished cooking, stir through the remaining cherry tomatoes and the lemon juice (1 tsp for 2 people / 2 tsp for **4 people**). * TIP: Feel free to add a little more lemon juice depending on your taste preference.

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INGREDIENTS

refer to

method

1 block

1 clove

1 punnet

1 bunch

1 packet

½ sachet

1 packet

(1 tsp)

1 cup

½ cube

PER SERVING

2570kJ (614Cal)

52.3g

24.1g

8.2g

43.1g

6.3g

476mg

For allergens and ingredient information, visit

HelloFresh.com.au/foodinfo

1/2

olive oil'

zucchini

oregano

lemon

risoni

water*

garlic

Mozzarella cheese

cherry tomatoes

chicken breast

Italian herbs

vegetable stock

*Pantry Items

NUTRITION

Energy (kJ)

Protein (g)

Fat, total (g)

- sugars (g)

Sodium (g)

saturated (g)

Carbohydrate (g)

refer to

method

1 block

2 cloves

2 punnets

1 bunch

1 packet

1 sachet

2 packets

(2 tsp)

2 cups

1 cube

PER 100G

402kJ (96Cal)

8.2g

3.8g

1.3g

6.7g

1.0g

74mg

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