



# Chicken & Cherry Tomato Risoni

with Basil & Baby Spinach

Grab your Meal Kit with this symbol



Brown Onion



Cherry Tomatoes



Garlic



Lemon



Thyme



Basil



Chicken Breast



Risoni



Chicken Stock



Shredded Cheddar Cheese



Baby Spinach Leaves



Hands-on: 15-25 mins  
Ready in: 30-40 mins



Low Calorie



Eat me early

Risoni, a type of pasta that actually looks like rice, soaks up all the Italian inspired flavours of this dish . With zesty lemon, sweet cherry tomatoes and succulent chicken, there's so much to love tonight!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large frying pan

### Ingredients

|                         | 2 People        | 4 People        |
|-------------------------|-----------------|-----------------|
| olive oil*              | refer to method | refer to method |
| brown onion             | 1               | 2               |
| cherry tomatoes         | 1 punnet        | 2 punnets       |
| garlic                  | 2 cloves        | 4 cloves        |
| lemon                   | ½               | 1               |
| thyme                   | 1 bunch         | 1 bunch         |
| basil                   | 1 punnet        | 1 punnet        |
| chicken breast          | 1 small packet  | 1 large packet  |
| risoni                  | 1 packet        | 2 packets       |
| water*                  | 1¼ cups         | 2¼ cups         |
| chicken stock           | 1½ cubes        | 3 cubes         |
| shredded Cheddar cheese | 1 packet (50g)  | 1 packet (100g) |
| baby spinach leaves     | 1 bag (30g)     | 1 bag (60g)     |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2250kJ (537Cal) | 468kJ (111Cal) |
| Protein (g)      | 44g             | 9.1g           |
| Fat, total (g)   | 19.3g           | 4g             |
| - saturated (g)  | 6.2g            | 1.3g           |
| Carbohydrate (g) | 42.2g           | 8.8g           |
| - sugars (g)     | 8.6g            | 1.8g           |
| Sodium (g)       | 887mg           | 184mg          |

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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

Finely chop the **brown onion**. Halve the **cherry tomatoes**. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch**, then slice into wedges. Pick the **thyme** leaves. Pick and roughly chop the **basil** leaves. Cut the **chicken breast** into 2cm chunks.

**TIP:** If the sprigs are very soft, you can just chop them instead.



## 2. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned and cooked through, **3-5 minutes**. Season with **salt** and **pepper** and transfer to a plate.

**TIP:** The chicken is cooked when it is no longer pink inside.



## 3. Start the risoni

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **cherry tomatoes** and cook, stirring, until softened, **4 minutes**. Add the **garlic**, **thyme** and **lemon zest** and cook until fragrant, **1 minute**.



## 4. Simmer the risoni

Add the **risoni** to the pan and stir to combine. Add the **water** and crumbled **chicken stock (1 1/2 cubes for 2 people / 3 cubes for 4 people)**. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the **risoni** is 'al dente' and all the **water** has been absorbed, **15-18 minutes**.

**TIP:** Add a dash more water if your risoni looks dry  
**TIP:** 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



## 5. Finish the risoni

When the **risoni** is ready and the liquid has been absorbed, stir through the **shredded Cheddar cheese**, **chicken** (and any **resting juices**) and **baby spinach leaves**. Stir until the **baby spinach** has wilted, **1 minute**. Remove the pan from the heat and season to taste with **salt** and **pepper**.

**TIP:** For the low-calorie option, use half the shredded Cheddar cheese.



## 6. Serve up

Divide the cherry tomato and chicken risoni between bowls. Garnish with the basil and serve with remaining lemon wedges.

**Enjoy!**