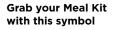
# **Chicken & Cherry Tomato Risoni**

with Basil & Baby Spinach









**Brown Onion** 

**Cherry Tomatoes** 









Thyme





**Chicken Breast** 

Risoni





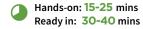
**Chicken Stock** 

**Shredded Cheddar** Cheese



Baby Spinach Leaves





Eat me early





# 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	1/2	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	21/4 cups
chicken stock	1½ cubes	3 cubes
shredded	1 packet	1 packet
Cheddar cheese	(50g)	(100g)
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)

<sup>\*</sup>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 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 mediumlow 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!**