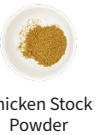
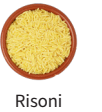
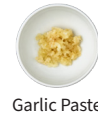



Easy Baked Italian Chicken Risoni

with Silverbeet & Parmesan

Grab your Meal Kit with this symbol



Hands-on: 15-25 mins
Ready in: 45-55 mins

 Eat Me Early

It's a weeknight wonder, perfect for when you arrive home tired and ravenous but the cooking and cleaning fairies are nowhere to be found. The best thing with this dish – it's an all-round crowd pleaser, with no compromise on flavour and more importantly, minimal fuss!

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Butter

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

Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
tomato	1	2
silverbeet	1 bag	1 bag
chicken thigh	1 small packet	1 large packet
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
risoni	1 medium packet	1 large packet
boiling water*	1½ cups	3 cups
Italian herbs	½ sachet	1 sachet
chicken stock powder	1 large sachet	1½ large sachets
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3137kJ (749Cal)	583kJ (139Cal)
Protein (g)	50.9g	9.5g
Fat, total (g)	29.1g	5.4g
- saturated (g)	13.8g	2.6g
Carbohydrate (g)	66.6g	12.4g
- sugars (g)	10.1g	1.9g
Sodium (mg)	2008mg	373mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Roughly chop **zucchini** and **tomato**.
- Place **zucchini** and **tomato** in a baking dish. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until just tender, **15-18 minutes**.

TIP: The veggies will continue cooking with the risoni!

3



Bake the risoni

- Once the veggies have roasted, add **chicken**, **risoni**, **boiling water** (see ingredients), **Italian herbs** (see ingredients) and **chicken stock powder** (see ingredients).
- Stir to combine, cover with foil, and bake until risoni is tender and chicken is cooked through, **20-25 minutes**.

2



Flavour the chicken

- Meanwhile, boil the kettle. Roughly chop the **silverbeet**. Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken**, tossing, until golden, **4-5 minutes**.
- Reduce the heat to medium. Add **garlic paste**, **garlic & herb seasoning** and **tomato paste** and cook, tossing, until fragrant, **1 minute**. Remove from the heat.

TIP: The chicken will finish cooking in the oven!

4



Serve up

- Add **silverbeet** and **butter** to the risoni and stir until wilted, **1 minute**. Season to taste.
- Divide baked Italian chicken risoni between bowls. Top with **grated Parmesan cheese**.

TIP: If the risoni is thick, add a splash of water to loosen.

Enjoy!