



# Easy Baked Italian Chicken Risoni

with Kale & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Kale



Garlic & Herb Seasoning



Tomato Paste



Risoni



Italian Herbs



Chicken-Style Stock Powder



Chicken Thigh



Soffritto Mix



Garlic Paste



Shaved Parmesan Cheese



Chicken Breast

Prep in: 15-25 mins  
Ready in: 35-45 mins

Eat Me Early

This weeknight wonder is perfect for when you arrive home tired and hangry! The rice-shaped risoni pasta and juicy chicken thigh work their magic with the sweet and earthy carrot, Italian herbs and umami-rich stock in the oven - leaving you to do very little.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kale	1 medium bag	1 large bag
chicken thigh	1 small packet	1 large packet
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
risoni	1 medium packet	1 large packet
Italian herbs	½ medium sachet	1 medium sachet
<b>boiling water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	30g	60g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2972kJ (710Cal)	690kJ (165Cal)
Protein (g)	48.1g	11.2g
Fat, total (g)	27g	6.3g
- saturated (g)	13.5g	3.1g
Carbohydrate (g)	65.3g	15.2g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1355mg	315mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (694Cal)	674kJ (161Cal)
Protein (g)	51g	11.8g
Fat, total (g)	23.7g	5.5g
- saturated (g)	12.5g	2.9g
Carbohydrate (g)	65.3g	15.2g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1342mg	312mg

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](https://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

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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Roughly tear **kale** leaves, then discard stems.
- Cut **chicken thigh** into 2cm chunks.



## Bake the risoni

- To a baking dish, add **chicken mixture**, **risoni**, **Italian herbs** (see ingredients), the **boiling water** (1½ cups for 2 people / 3 cups for 4 people) and **chicken-style stock powder**. Stir to combine. Cover with foil. Bake until risoni is tender and chicken is cooked through, **20-25 minutes**.
- When risoni has **3 minutes** cook time remaining, wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **kale** until softened, **1-2 minutes**.
- Remove risoni from oven, then stir through the **butter**. If needed, add a splash of **water** to loosen the risoni. Season to taste.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** and **soffritto mix**, tossing, until golden, **4-5 minutes** (the chicken will finish cooking in the oven!).
- Reduce heat to medium. Add **garlic paste**, **garlic & herb seasoning** and **tomato paste**. Cook, tossing, until fragrant, **1 minute**. Remove from heat.

**Custom Recipe:** If you've swapped to chicken breast, cut it into 2cm chunks, then cook it the same way as above.



## Serve up

- Divide baked Italian chicken risoni between bowls.
- Top with kale and **shaved Parmesan cheese** to serve. Enjoy!

## Rate your recipe

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