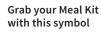


Easy Baked Italian Chicken Risoni with Kale & Parmesan

CLIMATE SUPERSTAR





Garlic & Herb

Seasoning

Kale



Tomato Paste



Chicken-Style Stock Powder

Italian Herbs

Chicken Thigh

Soffritto Mix



Garlic Paste

Shaved Parmesan Cheese



Pantry items

Olive Oil, Butter

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





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

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.



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 \cdot Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	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	1/2 medium sachet	1 medium sachet
boiling water*	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	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		
Ava Otu	Per Servina	Per 100a

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** 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 2023 | CW04





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.

Serve up

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

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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.

