



Easy Italian-Style Chicken Risoni Bake

with Parmesan

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Chicken Thigh



Silverbeet



Soffritto Mix



Risoni



Passata



Chicken-Style Stock Powder



Italian Herbs



Shaved Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 45-55 mins

Eat Me Early

Delicate, rice-shaped risoni soaks up the rich red sauce beautifully in this crowd-pleasing pasta bake. Top with succulent garlic and herb-seasoned chicken thigh, plus a sprinkle of sharp Parmesan to bring it all together.

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

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
silverbeet	1 medium bag	1 large bag
soffritto mix	1 medium bag	1 large bag
risoni	1 medium packet	1 large packet
passata	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
Italian herbs	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
boiling water*	1 cup	2 cups
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2865kJ (685Cal)	572kJ (137Cal)
Protein (g)	47.7g	9.5g
Fat, total (g)	22g	4.4g
- saturated (g)	10.7g	2.1g
Carbohydrate (g)	68.7g	13.7g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1549mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	597kJ (143Cal)
Protein (g)	54.4g	10g
Fat, total (g)	28.9g	5.3g
- saturated (g)	13.3g	2.4g
Carbohydrate (g)	69.6g	12.8g
- sugars (g)	11.9g	2.2g
Sodium (mg)	1981mg	363mg

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



1



Prep the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until browned, **2 minutes** each side. Transfer to a baking dish (the chicken will finish cooking in step 3!).

3



Finish the risoni

- Transfer **risoni mixture** to the baking dish with the **chicken**. Cover tightly with foil.
- Bake until liquid is absorbed and chicken is cooked through, **25-30 minutes**.
- Remove **chicken**. Stir the **butter** and **shaved Parmesan cheese** (reserve a pinch for the garnish!) through **risotto**. Season to taste.

TIP: Add a dash more water if the risoni looks dry.

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

2



Start the risoni

- Boil the kettle. Roughly chop **silverbeet**.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **2-3 minutes**. Add **silverbeet** and cook until wilted, **1-2 minutes**.
- Add **risoni** and cook, stirring to coat, **1 minute**.
- Stir in **passata**, **chicken-style stock powder**, **Italian herbs**, the **brown sugar** and **boiling water** (1 cup for 2 people / 2 cups for 4 people).

Custom Recipe: If you've added diced bacon, before cooking the soffritto mix, add the diced bacon to the frying pan and cook, breaking bacon up with a spoon, until browned, 3-4 minutes. Add soffritto mix and continue with the step, as above.

4



Serve up

- Slice **chicken**.
- Divide Italian-style risoni bake and chicken between plates.
- Sprinkle with reserved Parmesan to serve. Enjoy!

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