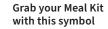


# Easy Italian-Style Chicken Risoni Bake with Parmesan Cheese













Soffritto Mix









With Garlic & Onion



Chicken-Style Stock





**Baby Spinach** Leaves



**Grated Parmesan** Cheese





**Pantry items** 

Olive Oil, Butter







and herb-seasoned chicken thigh, plus a sprinkle of sharp Parmesan to bring it all together.

Delicate, rice-shaped risoni soaks up the rich red sauce beautifully in this crowd-pleasing pasta bake. Top with succulent garlic

## 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
olive oil*	refer to method	refer to method
garlic & herb seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
soffritto mix	1 medium packet	1 large packet
risoni	1½ packets	1 large packet
diced tomatoes with garlic & onion	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
baby spinach leaves	1 medium bag	1 large bag
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
grated Parmesan cheese**	1 packet (30g)	2 packets (60g)

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	538kJ (129Cal)
Protein (g)	51.8g	8.7g
Fat, total (g)	30.4g	5.1g
- saturated (g)	14.4g	2.4g
Carbohydrate (g)	67g	11.2g
- sugars (g)	12g	11.2g
Sodium (mg)	2009mg	337mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3399kJ (812Cal)	<b>567kJ</b> (135Cal)
Protein (g)	54.8g	9.1g
Fat, total (g)	31.6g	5.3g
- saturated (g)	16.7g	2.8g
Carbohydrate (g)	72.4g	12.1g
- sugars (g)	15.5g	2.6g
Sodium (mg)	2168mg	362mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

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# 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 a high heat. Cook **chicken** until browned, **2 minutes** each side. Transfer to a baking dish (it will finish cooking in step 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.
- Stir through the baby spinach leaves, the butter and grated Parmesan cheese (reserve a pinch for the garnish!). Season to taste.

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

#### **CUSTOM RECIPE**

If you've doubled your Parmesan cheese, use it in this step, reserving a pinch for garnish.



#### Start the risoni

- · Boil the kettle.
- Return frying pan to a medium-high heat with a drizzle of olive oil. Cook soffritto mix until softened, 2-3 minutes.
- Add **risoni** (see ingredients) and cook, stirring to coat, **1 minute**.
- Add diced tomatoes with garlic & onion, chicken stock powder and boiling water (1/2 cup for 2 people / 1 cup for 4 people). Stir to combine.



## Serve up

- Divide Italian-style chicken risoni bake between plates.
- Sprinkle with reserved Parmesan to serve.

**TIP:** If you have time, you can slice the chicken, if preferred.

# Enjoy!

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