



Easy Italian-Style Chicken Risoni Bake

with Parmesan Cheese

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Chicken Thigh



Soffritto Mix



Risoni



Diced Tomatoes With Garlic & Onion



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese

Hands-on: **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, 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
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)

*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)	567kJ (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.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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 a high heat. Cook **chicken** until browned, **2 minutes** each side. Transfer to a baking dish (it 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**.
- 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.

2



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.

4



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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