



# One-Pot Pesto Chicken Risoni

with Baby Spinach & Parmesan Cheese

NEW



Grab your Meal Kit with this symbol



Carrot



Chicken Tenderloins



Nan's Special Seasoning



Garlic Paste



Risoni



Chicken Stock Pot



Light Cooking Cream



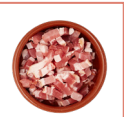
Baby Spinach Leaves



Basil Pesto



Shaved Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

It's a weeknight star, perfect for when you arrive home tired and ravenous but the cooking and cleaning fairies are nowhere to be found. The best thing with this dish – it's an all-round crowd pleaser. With the additions of creamy basil pesto, spinach, chicken and cheese, this risoni deserves all the praise it gets!

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

### Pantry items

Olive Oil



## 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 saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
chicken tenderloins	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
risoni	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	2 packets (40g)
<b>water*</b>	2½ cups	4¾ cups
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet	2 packets
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)	3517kJ (841Cal)	735kJ (176Cal)
Protein (g)	56.6g	11.8g
Fat, total (g)	36.2g	7.6g
- saturated (g)	13g	2.7g
Carbohydrate (g)	68.9g	14.4g
- sugars (g)	11.7g	2.4g
Sodium (mg)	1567mg	327mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3917kJ (936Cal)	748kJ (179Cal)
Protein (g)	63.4g	12.1g
Fat, total (g)	42.8g	8.2g
- saturated (g)	15.5g	3g
Carbohydrate (g)	69.8g	13.3g
- sugars (g)	12.3g	2.3g
Sodium (mg)	2006mg	383mg

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

- Thinly slice **carrot** into half-moons.
- Cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken**, then toss to coat.

3



## Finish the risoni

- To saucepan, stir in **risoni**, **chicken stock pot** and the **water**. Bring to the boil, then reduce heat to medium.
- Simmer, stirring occasionally, until liquid is absorbed and risoni is 'al dente', **12-18 minutes**.
- Reduce heat to low then stir in **light cooking cream** and **baby spinach leaves** until wilted and combined, **1 minute**.
- Remove from heat and stir in **basil pesto** and half the **shaved Parmesan cheese**. Season to taste.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

2



## Start the risoni

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** and **carrot**, tossing, until browned and cooked through, **5-7 minutes**.
- Add **garlic paste** and cook until fragrant, **1-2 minutes**.

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

**Custom Recipe:** If you've added diced bacon, cook bacon with chicken and carrot, breaking up bacon with a spoon, 5-7 minutes. Continue as above.

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## Serve up

- Divide pesto chicken risoni between bowls.
- Top with remaining Parmesan to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)