

# Easy Baked Italian Chicken Risoni with Silverbeet & Parmesan

Grab your Meal Kit with this symbol



Pantry items Olive Oil, Butter

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

Eat Me Early

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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

Medium or large baking  $\operatorname{dish}\cdot\operatorname{Large}$  frying pan

# Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
silverbeet	1 medium bag	1 large bag
chicken thigh	1 small packet	1 large packet
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
risoni	1 medium packet	1 large packet
boiling water*	1½ cups	3 cups
Italian herbs	1/2 medium sachet	1 medium sachet
chicken-style stock powder	½ large sachet	1 large sachet
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mild chorizo**	<b>1 packet</b> (250g)	<b>2 packets</b> (500g)

\*Pantry Items \*\*Custom Recipe Ingredient

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3053kJ (730Cal)	617kJ (147Cal)
Protein (g)	51.9g	10.5g
Fat, total (g)	25.6g	5.2g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	70.1g	14.2g
- sugars (g)	11.9g	2.4g
Sodium (mg)	1627mg	329mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4490kJ (1073Cal)	724kJ (173Cal)
Protein (g)	77.6g	12.5g
Fat, total (g)	51.1g	8.2g
- saturated (g)	22.3g	3.6g
Carbohydrate (g)	72.5g	11.7g
- sugars (g)	14.3g	2.3g
Sodium (mg)	3052mg	492mg

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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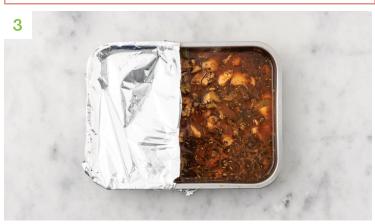


#### Roast the carrot

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle.
- Roughly chop **carrot**. Place in a baking dish. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **15-18 minutes** (it will finish cooking in step 3!).

#### CUSTOM RECIPE

If you've added mild chorizo, roughly chop chorizo. Set aside.



# Bake the risoni

- When carrot is ready, remove baking dish from oven. Add chicken, celery, risoni, the boiling water (1 1/2 cups for 2 people / 3 cups for 4 people), Italian herbs (see ingredients) and chicken-style stock powder (see ingredients). Stir to combine. Cover with foil.
- Bake until risoni is tender and chicken is cooked through (when no longer pink inside), **20-25 minutes**.
- Stir through **silverbeet** and the **butter** until silverbeet is wilted. If needed, add a splash of **water** to loosen the risoni. Season to taste.

#### CUSTOM RECIPE

Return pan to medium-high heat with a drizzle of olive oil. Cook chorizo until golden, 8 mins. Stir chorizo through risoni with the silverbeet.



# Cook the chicken

- Meanwhile, thinly slice **celery**. Roughly chop **silverbeet**. Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** and **celery**, tossing, until golden, **4-5 minutes** (it 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.



# Serve up

- Divide baked Italian chicken risoni between bowls.
- Sprinkle with grated Parmesan cheese to serve.

Enjoy!

# Rate your recipe