



Easy Baked Italian Chicken Risoni

with Silverbeet & Parmesan

Grab your Meal Kit with this symbol



Carrot



Celery



Silverbeet



Chicken Thigh



Garlic Paste



Garlic & Herb Seasoning



Tomato Paste



Risoni



Italian Herbs



Chicken-Style Stock Powder



Grated Parmesan Cheese



Mild Chorizo

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

Eat Me Early

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.

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

Medium or large baking dish · 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	½ 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**	1 packet (250g)	2 packets (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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW22

1



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.

3



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.

2



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.

4



Serve up

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

Enjoy!

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