












Easy Baked Italian Chicken Risoni

with Silverbeet & Parmesan

Grab your Meal Kit with this symbol



-  Carrot
-  Celery
-  Garlic & Herb Seasoning
-  Tomato Paste
-  Silverbeet
-  Risoni
-  Italian Herbs
-  Vegetable Stock Powder
-  Chicken Thigh
-  Garlic Paste
-  Grated Parmesan Cheese
-  Chicken Breast

 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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
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
silverbeet	1 medium bag	1 large bag
risoni	1 medium packet	1 large packet
boiling water*	1 ½ cups	3 cups
Italian herbs	½ medium sachet	1 medium sachet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	634kJ (152Cal)
Protein (g)	52.3g	10.8g
Fat, total (g)	25.7g	5.3g
- saturated (g)	12.9g	2.7g
Carbohydrate (g)	72g	14.8g
- sugars (g)	11.7g	2.4g
Sodium (mg)	1429mg	295mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	628kJ (150Cal)
Protein (g)	53.2g	11g
Fat, total (g)	24.5g	5.1g
- saturated (g)	12.5g	2.6g
Carbohydrate (g)	72g	14.8g
- sugars (g)	11.6g	2.4g
Sodium (mg)	1426mg	294mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the carrot

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Roughly chop **carrot**.
- Place **carrot** 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!).

3



Bake the risoni & cook the silverbeet

- When the carrot is just tender, transfer **chicken mixture**, **risoni**, the **boiling water** (1 1/2 cups for 2 people / 3 cups for 4 people), **Italian herbs** (see ingredients) and **vegetable stock powder** to the baking dish. Stir to combine. Cover with foil. Bake until risoni is tender and chicken is cooked through (when no longer pink inside), **20-25 minutes**.
- When the risoni has 5 minutes remaining, roughly chop **silverbeet**. Wash and dry frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **silverbeet** until softened, **2-3 minutes**. Remove from heat.
- When the risoni is ready, stir through the **butter** and cooked **silverbeet**. If needed, add a splash of **water** to loosen the risoni.

2



Cook the chicken

- Meanwhile, thinly slice **celery**. 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** (the chicken 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.

Custom Recipe: If you've swapped to chicken breast, cut it into 2cm chunks, then cook it the same way as above.

4



Serve up

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

Rate your recipe

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