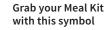


# Baked Italian Chicken Risoni

with Kale & Parmesan

WINTER WARMERS

KID FRIENDLY











Chicken Thigh





Soffritto Mix

Garlic Paste





Garlic & Herb Seasoning

Tomato Paste







Italian Herbs

Chicken-Style Stock

**Shaved Parmesan** 



Prep in: 15-25 mins Ready in: 35-45 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.

**Pantry items** Olive Oil, Butter

# 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 frying pan · Medium or large baking dish

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kale	1 medium bag	1 large bag
chicken thigh	1 small packet	1 large packet
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
risoni	1 medium packet	1 large packet
Italian herbs	½ medium sachet	1 medium sachet
boiling water*	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	30g	60g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2972kJ (710Cal)	690kJ (165Cal)
Protein (g)	48.1g	11.2g
Fat, total (g)	27g	6.3g
- saturated (g)	13.5g	3.1g
Carbohydrate (g)	65.3g	15.2g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1355mg	315mg

#### **Custom Recipe**

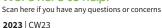
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (694Cal)	674kJ (161Cal)
Protein (g)	51g	11.8g
Fat, total (g)	23.7g	5.5g
- saturated (g)	12.5g	2.9g
Carbohydrate (g)	65.3g	15.2g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1342mg	312mg

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!





# Get prepped

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle. Roughly tear kale leaves, then discard stems.
- · Cut chicken thigh into 2cm chunks.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks.



#### Bake the risoni

- To a baking dish, add chicken mixture, risoni, Italian herbs (see ingredients), the boiling water (1½ cups for 2 people / 3 cups for 4 people) and chicken-style stock powder. Stir to combine. Cover with foil. Bake until risoni is tender and chicken is cooked through, 20-25 minutes.
- When risoni has 3 minutes cook time remaining, wipe out pan and return to medium-high heat with a drizzle of olive oil. Cook kale, stirring, until softened, 1-2 minutes.
- · Remove risoni from oven, then stir through the butter. If needed, add a splash of water to loosen the risoni. Season to taste.

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



#### Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken and **soffritto mix**, 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: Cook chicken breast the same way as above.



# Serve up

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



We need your expertise!

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