



Baked Italian Chicken Risoni

with Kale & Parmesan

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Kale



Chicken Thigh



Soffritto Mix



Garlic Paste



Garlic & Herb Seasoning



Tomato Paste



Risoni



Italian Herbs



Chicken-Style Stock Powder



Shaved Parmesan Cheese



Chicken Breast

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.

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

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

*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!

Scan here if you have any questions or concerns



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!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate