



Easy Creamy Chicken & Risoni Traybake

with Parmesan & Baby Spinach

Grab your Meal Kit with this symbol



Chopped Veggie Mix



Risoni



Chicken Stock



Chicken Tenderloins



Garlic & Herb Seasoning



Light Cooking Cream



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 10-20 mins
Ready in: 45-55 mins

Eat me early

What do we love most about this dish? Well, let's see... it might be our popular garlic & herb seasoning, which is great on all manner of meat and fish. Or maybe it's the versatile risoni in all its flavoursome glory? Did we mention this recipe is also done in four easy steps? Oh, we can't decide, we'll just have the whole thing thanks very much!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped veggie mix	1 packet (250g)	1 packet (500g)
chicken tenderloins	1 small packet	1 large packet
risoni	1½ packets	3 packets
boiling water*	1 cup	2 cups
chicken stock	2 cubes	4 cubes
garlic & herb seasoning	1 sachet	2 sachets
light cooking cream	1 packet (150ml)	2 packets (300ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (782Cal)	656kJ (157Cal)
Protein (g)	57.1g	11.4g
Fat, total (g)	33.4g	6.7g
- saturated (g)	20.1g	4.0g
Carbohydrate (g)	63.4g	12.7g
- sugars (g)	11.3g	2.3g
Sodium (mg)	744mg	149mg

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.

1



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Place the **chopped veggie mix** into a large baking dish. Drizzle with **olive oil** and season. Toss to coat. Roast until tender, **15-20 minutes**.

TIP: The veggies do not need to be fully cooked, they will continue cooking with the risoni!

3



Finish the risoni

When the **veggies** are tender, add the **chicken, risoni** (see ingredients), **boiling water**, crumbled **chicken stock**, **garlic & herb seasoning** and **light cooking cream** to the baking dish. Stir to combine, cover with foil, then return to the oven. Bake until the liquid is absorbed and the chicken is cooked through, **20-25 minutes**. Add the **baby spinach leaves, butter** and a drizzle of **white wine vinegar** and stir until wilted.

TIP: If the risoni is too thick add a splash of water to loosen.

2



Cook the chicken

While the veggies are roasting, boil the kettle. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken tenderloins** until golden, **1-2 minutes** each side.

TIP: The chicken will finish cooking in the oven!

4



Serve up

Divide the creamy risoni chicken between bowls and sprinkle over the **grated Parmesan cheese** to serve.

Enjoy!