



One Pan Herby Italian Chicken

with Tomato Risoni and Parmesan



Cook a one pan risoni dish



Garlic



Basil



Zucchini



Chicken Thigh



Parsley



Diced Tomatoes



Chicken Stock



Risoni



Flaked Parmesan Cheese



Brown Onion

Hands-on: **30** mins
Ready in: **45** mins

Eat me early

Low calorie

It's a one pan wonder, perfect for those evenings when you arrive home tired and ravenous but the cooking and cleaning fairies are nowhere to be found. The best thing with this dish – it's an all round crowd pleaser, with no compromise on flavour and more importantly, minimal fuss!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **large frying pan** with a **lid**, **tongs**, **plate** and a **wooden spoon**.



1 GET PREPPED

Finely chop the **brown onion**. Peel and crush the **garlic**. Pick the **basil** leaves and finely slice. Finely chop the **parsley**. Cut the **zucchini** into 0.5 cm half-moons.



2 BROWN THE CHICKEN

Cut the **chicken thigh** in half lengthways. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season the chicken thigh with **salt** and **pepper** on both sides. Add **1/2** the chicken to the pan and cook for **2 minutes** on each side, or until golden (the chicken will continue cooking in step 4). Set aside on a plate and cover with foil to keep warm. Repeat with the remaining **chicken thigh**.



3 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook for **3-4 minutes**, or until softened. Add the **garlic** and cook for **1-2 minutes**, or until fragrant. Add the **diced tomatoes**, **water** (**check ingredients list for the amount**), **salt** (**use suggested amount**), **1/2 the basil** and **1/2 the parsley** to the frying pan. Crumble in the **chicken stock** cube and bring to the boil.



4 ADD THE RISONI & ZUCCHINI

Add the **risoni** and **zucchini** to the frying pan with the sauce and return to the boil. Nestle the **chicken thigh** into the risoni, reduce the heat to medium-low and cover with a lid. Simmer for **13-15 minutes**, or until the chicken is cooked through and the risoni is 'al dente'. **TIP:** *If you don't have a frying pan with a lid, cover it with aluminium foil.*



5 FINISH THE RISONI

Stir the risoni and chicken and season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the chicken risoni between plates. Top with the **flaked Parmesan cheese** and remaining basil and parsley.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
basil	1 bunch
parsley	1 bunch
zucchini	2
chicken thigh	1 packet
diced tomatoes	1 tin (400 g)
water*	1 cup
salt*	½ tsp
chicken stock	1 cube
risoni	2 packets (1 cup)
flaked Parmesan cheese	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	444kJ (106Cal)
Protein (g)	47.3g	9.2g
Fat, total (g)	16.9g	3.3g
- saturated (g)	7.0g	1.4g
Carbohydrate (g)	45.2g	8.7g
- sugars (g)	8.4g	1.6g
Sodium (g)	350mg	68mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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