

Slow-Cooked Chicken & Risoni Soup

with Sweetcorn, Basil Pesto & Parmesan

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Sweetcorn



Celery



Garlic & Herb Seasoning



Bay Leaves



Risoni



Basil Pesto



Chicken Tenderloins



Chicken Stock Pot




Grated Parmesan Cheese

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: 50-60 mins

 Eat Me Early

This comforting Italian-inspired dish is more than just a soup, it's a stick-to-your-ribs meal. Slow-cooking the chicken makes it extra tender (and perfect for shredding before serving), while the rice-shaped risoni pasta soaks up the seasonings beautifully, all while adding just the right amount of starchiness. Don't forget to stir through the pesto at the end for a bright burst of flavour.

Pantry items

Olive Oil

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 ovenproof saucepan with a lid (or foil)

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| brown onion | 1 | 2 |
| carrot | 1 | 2 |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| celery | 1 stalk | 2 stalks |
| chicken tenderloins | 1 small packet | 1 large packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| water* | 4 cups | 8 cups |
| chicken stock pot | 1 packet (20g) | 1 packet (40g) |
| bay leaves | 1 stem | 2 stems |
| risoni | 1 medium packet | 1 large packet |
| basil pesto | 1 medium packet | 1 large packet |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3510kJ (839Cal) | 606kJ (145Cal) |
| Protein (g) | 56.5g | 9.7g |
| Fat, total (g) | 30.9g | 5.3g |
| - saturated (g) | 6.8g | 1.2g |
| Carbohydrate (g) | 79.6g | 13.7g |
| - sugars (g) | 17.5g | 3g |
| Sodium (mg) | 1633mg | 282mg |

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



Get prepped & cook the chicken

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Thinly slice **brown onion**. Roughly chop **carrot**. Drain the **sweetcorn**. Thinly slice **celery**. Set aside.
- Season **chicken tenderloins** with **salt** and **pepper** on both sides.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until just browned, **2-3 minutes** each side (it will finish cooking with the soup!). Transfer to a plate.

3



Finish the soup

- When the **chicken** is ready, remove saucepan from oven. Add **risoni**, stirring to combine.
- Cover saucepan again, then return to oven. Bake until risoni is 'al dente', a further **15-18 minutes**.
- Remove **soup** from oven. Discard **bay leaves**.
- Using two forks, shred **chicken** directly in the saucepan (you can slice the chicken, if you prefer!). Stir through **basil pesto**. Season to taste.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

2



Start the soup

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **onion, carrot** and **celery** until slightly tender, **2-3 minutes**.
- Add **garlic** and **garlic & herb seasoning**. Cook until fragrant, **1 minute**.
- Add the **water, chicken stock pot, corn kernels** and **bay leaves**. Return **chicken** to pan. Stir to combine, then bring to the boil.
- Cover saucepan with a lid (or cover tightly with foil). Bake until chicken is cooked through, **20-25 minutes**.

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

4



Serve up

- Divide slow-cooked chicken and risoni soup between bowls.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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