



Slow-Cooked Chicken & Creamy Risoni Bake

with Broccoli & Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Broccoli



Garlic



Garlic & Herb Seasoning



Boneless Chicken Drumsticks



Cream



Chicken-Style Stock Powder



Risoni



Baby Spinach Leaves



Grated Parmesan Cheese



Diced Bacon

Recipe Update

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 1 hr 20 mins-1 hr 30 mins

Eat Me Early

Patience is going to be key with this dish. We understand how tempting it is to dig in as soon as possible - it smells so good - but you'll be glad for those extra minutes. Allowing the succulent chicken to marinate in the creamy stew will add a burst of flavour to every bite.

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

Pantry items

Olive Oil, Plain Flour, 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 ovenproof saucepan with a lid (or foil) · Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| leek | 1 | 2 |
| broccoli | 1 head | 2 heads |
| garlic | 3 cloves | 6 cloves |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| boneless chicken drumsticks | 1 packet | 1 packet |
| plain flour* | ½ tbs | 1 tbs |
| cream | ½ packet (125ml) | 1 packet (250ml) |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| water* | 1½ cups | 3 cups |
| risoni | 1 packet | 1 packet |
| butter* | 20g | 40g |
| baby spinach leaves | 1 small bag | 1 medium bag |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| diced bacon** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3224kJ (770Cal) | 621kJ (148Cal) |
| Protein (g) | 50.1g | 9.7g |
| Fat, total (g) | 41.1g | 7.9g |
| - saturated (g) | 23.8g | 4.6g |
| Carbohydrate (g) | 43.7g | 8.4g |
| - sugars (g) | 6.5g | 1.3g |
| Sodium (mg) | 1237mg | 238mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3809kJ (910Cal) | 670kJ (160Cal) |
| Protein (g) | 58g | 10.2g |
| Fat, total (g) | 53.3g | 9.4g |
| - saturated (g) | 28.2g | 5g |
| Carbohydrate (g) | 43.8g | 7.7g |
| - sugars (g) | 6.6g | 1.2g |
| Sodium (mg) | 1636mg | 288mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW39



Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Thinly slice **leek**. Cut **broccoli** into small florets, then roughly chop stalk. Finely chop **garlic**.



Add the risoni

- Remove lid (or foil) from the pan, then add **risoni** and the **butter** to the stew and stir to combine.
- Bake, uncovered, until risoni is 'al dente', most of the liquid is absorbed and chicken is cooked through.
- Remove stew from the oven, stir through **baby spinach leaves** until wilted. Set aside to rest for **5 minutes**.

TIP: Resting the dish ensures risoni is extra creamy!

TIP: The chicken is cooked when it is no longer pink inside!



Sear the chicken

- In a medium bowl, combine **garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **boneless chicken drumsticks** and toss to coat.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, sear **chicken** until golden, **2-3 minutes** on each side. Transfer to a plate.

TIP: The chicken will finish cooking in step 3!



Cook the broccoli

- While the stew is resting, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli**, tossing until tender, **6-7 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.

Custom Recipe: If you've added diced bacon, cook bacon with broccoli. Continue with step.



Start the creamy bake

- Return the saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **leek**, stirring, until slightly softened, **2-3 minutes**.
- Add **plain flour** and half the **garlic** and cook until fragrant, **1 minute**.
- Stir in **cream** (see ingredients), **chicken-style stock powder** and the **water**. Season and bring to the boil.
- Return **chicken** to the pan, then cover with a lid (or tightly with foil) and bake for **25 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



Serve up

- Divide creamy chicken risoni bake between bowls. Top with garlicky broccoli.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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