



Easy Garlic-Herb Chicken & Red Pesto Risoni with Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Risoni



Chicken-Style Stock Powder



Tomato



Lemon



Chicken Breast



Garlic & Herb Seasoning



Spinach & Rocket Mix



Red Pesto



Grated Parmesan Cheese



Salmon

Prep in: 15-25 mins
Ready in: 15-25 mins

Fresh and herby are meeting half way in a salad that's going to bring peace to your craving for chicken and risoni. Chicken is seasoned in herby garlic spices and the risoni is stirred through with red pesto. As a peace offering that will seal the deal, sprinkle over some Parmesan cheese.

Eat Me First

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

Pantry items

Olive Oil, Butter, Honey

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
tomato	1	2
lemon	½	1
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
honey*	1 tsp	2 tsp
spinach & rocket mix	1 medium bag	1 large bag
red pesto	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2795kJ (668Cal)	772kJ (185Cal)
Protein (g)	47.5g	13.1g
Fat, total (g)	33g	9.1g
- saturated (g)	11.3g	3.1g
Carbohydrate (g)	44.1g	12.2g
- sugars (g)	6.3g	1.7g
Sodium (mg)	1251mg	346mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802Cal)	981kJ (234Cal)
Protein (g)	42.4g	12.4g
Fat, total (g)	50.2g	14.7g
- saturated (g)	13.9g	4.1g
Carbohydrate (g)	43.3g	12.7g
- sugars (g)	6.3g	1.8g
Sodium (mg)	1216mg	356mg

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 | CW40



1



Cook the risoni

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **risoni**, uncovered, over high heat, 'al dente', **7-8 minutes**.
- Drain and return to saucepan, add **chicken-style stock powder** and stir to combine.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **butter** and **honey** and turn **chicken** to coat.

TIP: The chicken is cooked when it's no longer pink inside.

Custom Recipe: Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Add butter and honey as above.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Slice **lemon** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you swapped chicken breast with salmon, combine salmon with the spice blend as above.

4



Serve up

- Add **spinach & rocket mix** to the risoni, along with tomato, **red pesto**, a squeeze of lemon juice, a drizzle of olive oil and a pinch of pepper. Stir to combine.
- Slice garlic and herb chicken.
- Divide risoni salad between bowls. Top with chicken.
- Sprinkle over **grated Parmesan cheese** and serve with remaining lemon wedges. Enjoy!

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