



Herby Chicken & Courgette Risoni

with Rocket Salad

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Risoni



Courgette



Chicken Drumstick Fillet



Aussie Spice Blend



Garlic & Herb Seasoning



Tomato Paste



Baby Leaves



Rocket Leaves



Chicken Breast

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

Calorie Smart

Eat Me Early

There are plenty of choices for a good risoni out there, but we're positive we have the winning combination of ingredients that will top the lot! Spiced chicken is combined with courgette in a tomato-based sauce for a hearty and warming meal which is sure to satisfy your tastebuds.

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

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 medium packet	1 large packet
courgette	1	2
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
butter*	30g	60g
baby leaves	1 small packet	1 medium packet
brown sugar*	1 tsp	2 tsp
rocket leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	583kJ (139Cal)
Protein (g)	38.4g	9.6g
Fat, total (g)	26.9g	6.7g
- saturated (g)	12.4g	3.1g
Carbohydrate (g)	46.5g	11.6g
- sugars (g)	8.8g	2.2g
Sodium (mg)	1295mg	323mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	583kJ (139Cal)
Protein (g)	38.4g	9.6g
Fat, total (g)	26.9g	6.7g
- saturated (g)	12.4g	3.1g
Carbohydrate (g)	46.5g	11.6g
- sugars (g)	8.8g	2.2g
Sodium (mg)	1295mg	323mg

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

2024 | CW13



1



Cook the risoni

- Boil the kettle.
- Half-fill a large saucepan with boiling water and add a generous pinch of **salt**.
- Cook **risoni**, uncovered, over high heat, 'al dente', **7-8 minutes**.
- Drain and return to saucepan. Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people).

3



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **courgette**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **garlic & herb seasoning**, **tomato paste** and the **butter**, and cook until fragrant, **1-2 minutes**.
- Add **risoni**, **baby leaves**, the **brown sugar** and the reserved **pasta water**. Stir to combine and season with a pinch of **pepper**.

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

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Slice **courgette** into half-moons. Cut **chicken drumstick fillets** into 2cm chunks.
- In a medium bowl, combine **chicken**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've swapped to chicken breast, follow step above.

4



Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide spiced chicken and courgette risoni between bowls. Top with rocket salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate