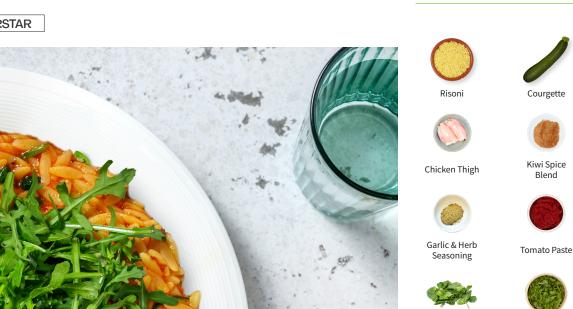


# Kiwi Chicken & Courgette Risoni

with Rocket Salad

**KIWI FLAVOURS** CLIMATE SUPERSTAR





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

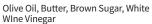
Eat Me Early

1

**Protein Rich** 

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.

Pantry items



27

Grab your meal kit with this number

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 medium packet	2 medium packets
courgette	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
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

\*Pantry Items

### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2973kJ (710Cal)	686kJ (163Cal)
Protein (g)	42.8g	9.9g
Fat, total (g)	31.9g	7.4g
- saturated (g)	12.9g	3g
Carbohydrate (g)	69.5g	16g
- sugars (g)	10.8g	2.5g
Sodium (mg)	1054mg	243mg
Dietary Fibre (g)	5.7g	1.3g

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.

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# 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, until 'al dente', **7-8 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain and return to saucepan.

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



# Cook the chicken & veggies

- In a large frying, 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, then cook until fragrant, 1-2 minutes.
- Add risoni, baby leaves, the brown sugar and pasta water. Stir to combine and season with a pinch of pepper.

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



### Get prepped

- Meanwhile, slice **courgette** into half-moons.
- Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine **Kiwi spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken**, toss to combine.



### Serve up

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

Little cooks: Help wash and toss the salad veggies!

We're here to help! Scan here if you have any questions or concerns 2024 | CW48



SWAP TO CHICKEN BREAST Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. **DOUBLE CHICKEN THIGH** Follow method above, cooking in batches if necessary. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

