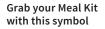


# Easy Chicken, Veggie & Pesto Risoni with Grated Parmesan











Green Beans







Chicken Breast





Garlic & Herb Seasoning

Salad Leaves





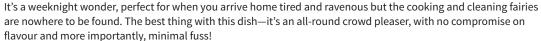
**Basil Pesto** 

Cheese





Eat Me Early



**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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

## Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
green beans	1 bag (100g)	1 bag (200g)	
courgette	1	2	
chicken breast	1 packet	1 packet	
risoni	1 packet	1 packet	
garlic & herb seasoning	1 sachet	1 sachet	
salad leaves	1 medium bag	1 large bag	
basil pesto	1 packet (50g)	1 packet (100g)	
grated Parmesan cheese	1 packet (30g)	1 packet (60g)	

<sup>\*</sup>Pantry Items

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604Cal)	730kJ (174Cal)
Protein (g)	48.2g	13.9g
Fat, total (g)	26.2g	7.6g
- saturated (g)	6.3g	1.8g
Carbohydrate (g)	42g	12.1g
- sugars (g)	4.7g	1.4g
Sodium (mg)	901mg	260mg

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.



#### Cook the risoni

- Boil the kettle. Trim and halve green beans. Roughly chop courgette. Cut chicken breast into 2cm chunks.
- Half-fill a medium saucepan with boiling water. Cook risoni in boiling water until 'al dente' 7-8 minutes.
- Drain, then return **risoni** to the pan.

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



# Bring it all together

Add chicken, green beans, courgette, salad leaves, basil pesto and 1/2 the
grated Parmesan cheese to the cooked risoni. Stir until combined, then
season with salt and pepper.



# Cook the chicken & greens

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook chicken, green beans and courgette, tossing occasionally, until browned and cooked through, 3-5 minutes.
- Add garlic & herb seasoning and cook, tossing to coat, until fragrant,
   1-2 minutes.



# Serve up

- · Divide chicken, veggie and pesto risoni between bowls.
- Sprinkle over remaining Parmesan cheese to serve.

# Enjoy!