



# Easy Chicken, Veggie & Pesto Risoni

with Grated Parmesan

Grab your Meal Kit with this symbol



Green Beans



Courgette



Chicken Breast



Risoni



Garlic & Herb Seasoning



Salad Leaves



Basil Pesto



Grated Parmesan Cheese

**Recipe Update**  
The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early

Calorie Smart

It's a weeknight wonder, perfect for when you arrive home tired and ravenous but the cooking and cleaning fairies are nowhere to be found. The best thing with this dish—it's an all-round crowd pleaser, with no compromise on flavour and more importantly, minimal fuss!

### 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

Medium saucepan · Large frying pan

## Ingredients

	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)

\*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](https://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!