HELLO FRESH

Golden Roast Chicken & Paella-Style Risoni
with Chorizo & Lemon-Parsley Dressing

GOURMET

Half Chicken

Aussie Spice Blend

Capsicum

Tinned Cherry Tomatoes

Risoni

Lemon

Garlic

Parsley

Mild Chorizo

Chicken-Style Stock Powder

Baby Spinach Leaves

Prep in: 35-45 mins
Ready in: 50-60 mins

Eat Me Early

Paella originated out of the beautiful city of Valencia in Spain and since then it's been a near impossible task to identify what goes into a paella. So let's try out our own take on this fan-favourite with a smokey roasted half chicken resting on saucy risoni. Drizzle over the zesty parsley dressing to elevate those flavours.

Pantry items

Olive Oil, Butter, Brown Sugar

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Before you start
Wash your hands and any fresh food

You will need
Large saucepan · Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
half chicken	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
capsicum	1	2
tinned cherry tomatoes	1 tin	2 tins
risoni	1 packet	1 packet
lemon	½	1
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
mild chorizo	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
*butter**	20g	40g
*brown sugar**	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (782Cal)	403kJ (96Cal)
Protein (g)	72.4g	8.9g
Fat, total (g)	30.5g	3.8g
- saturated (g)	19.2g	2.4g
Carbohydrate (g)	48.1g	5.9g
- sugars (g)	12.8g	1.6g
Sodium (mg)	1740mg	214mg

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.
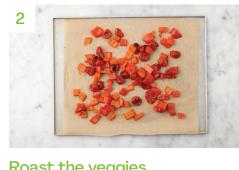
Fancy a drop?
We recommend pairing this meal with Chardonnay or Verdelho

1

Cook the half chicken
- Preheat oven to **240°C/220°C fan-forced**. Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Season **half chicken** with **Aussie spice blend**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, skin-side down, until browned, **5 minutes** each side.
- Transfer **chicken** to a lined oven tray. Roast until cooked through, **35-45 minutes**. Set aside to rest, **5-10 minutes**.

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

2

Roast the veggies
- While the chicken is roasting, cut **capsicum** into bite-sized chunks. Drain **tinned cherry tomatoes**.
- Place **capsicum** and **cherry tomatoes** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

TIP: *Reserve and refrigerate the passata from the cherry tomatoes to use in another meal!*

3

Cook the risoni & get prepped
- Meanwhile, cook **risoni** in the boiling water until 'al dente', **7-8 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **risoni**.
- Zest **lemon** to get a pinch, then slice into wedges. Finely chop **garlic** and **parsley**.
- Roughly chop **mild chorizo (see ingredients)**.

4

Make the sauce
- Wipe out the frying pan, then return to medium-high with a drizzle of **olive oil**. Cook **chorizo**, tossing, until browned, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **butter**, **brown sugar**, reserved **pasta water** and **roasted veggies** and cook, lightly crushing tomatoes with a spoon, **2-3 minutes**.
- Remove pan from heat, add **risoni** and **baby spinach leaves**, then stir to combine. Season to taste.

5

Make the dressing
- In a small bowl, combine **parsley**, **lemon zest**, a generous squeeze of **lemon juice**, a pinch of **salt** and some **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).

6

Serve up
- Halve golden roast chicken.
- Divide paella-style risoni between bowls. Top with chicken and drizzle over lemon and parsley dressing.
- Serve with any remaining lemon wedges. Enjoy!