



One-Pan Chicken, Pesto & Leek Risoni

with Cheddar Cheese & Thyme

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Thyme



Chicken Breast



Leek



Courgette



Risoni



Chicken-Style Stock Powder



Shredded Cheddar Cheese




Basil Pesto



Baby Spinach Leaves

 Hands-on: **25-35 mins**
Ready in: **40-50 mins**

 Eat me early

Pop on your uggies, pull out your favourite blanket and get super cosy with the ultimate comfort dish. With tender chicken, punchy basil pesto and gooey Cheddar, there's no way you won't fall in love with this risotto-adjacent dish.

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
chicken breast	1 packet	1 packet
leek	1	2
courgette	1	2
risoni	1 packet	1 packet
water*	1¾ cups	3½ cups
chicken-style stock powder	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3015kJ (720Cal)	575kJ (137Cal)
Protein (g)	48.6g	9.3g
Fat, total (g)	38.8g	7.4g
- saturated (g)	10.7g	2g
Carbohydrate (g)	41.8g	8g
- sugars (g)	7.3g	1.4g
Sodium (mg)	870mg	166mg

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.



Get prepped

Finely chop the **brown onion** and **garlic**. Pick the **thyme** leaves. Cut the **chicken breast** into 2cm chunks. Thinly slice the **leek** and **courgette**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **courgette** and **chicken**, tossing occasionally, until the chicken is browned and cooked through, **4-5 minutes**. Season with **salt** and **pepper** and transfer to a plate.

TIP: The chicken is cooked through when it's no longer pink inside.



Cook the onion & leek

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **leek**, stirring, until softened, **4 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**.



Cook the risoni

Add the **risoni** to the pan and stir to combine. Add the **water** and **chicken-style stock powder**. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and all the liquid has been absorbed, **15-18 minutes**.

TIP: Add a dash more water if your risoni looks dry.

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



Finish the risoni

When the risoni is done, stir through the **shredded Cheddar cheese**, **basil pesto**, **chicken** (plus any resting juices), **courgette** and **baby spinach leaves** until wilted. Remove the pan from the heat and season to taste.



Serve up

Divide the chicken, pesto and leek risoni between bowls.

Enjoy!