

One-Pan Chicken, Pesto & Leek Risoni

with Parmesan Cheese & Parsley

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chicken Breast



Leek



Celery



Herb & Mushroom Seasoning



Risoni



Basil Pesto



Baby Spinach Leaves



Parsley



Grated Parmesan Cheese



Grated Parmesan Cheese

Keep an eye out...
Due to recent sourcing challenges, we've replaced courgette with celery, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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 Parmesan, there's no way you won't fall in love with this risotto-adjacent dish.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	4
chicken breast	1 packet	1 packet
leek	1	2
celery	1 stalk	2 stalks
herb & mushroom seasoning	1 sachet	2 sachets
risoni	1 packet	1 packet
water*	1¼ cups	3½ cups
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bag	1 bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677Cal)	547kJ (131Cal)
Protein (g)	50.1g	9.7g
Fat, total (g)	31.3g	6g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	46.4g	9g
- sugars (g)	7.5g	1.4g
Sodium (mg)	740mg	143mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	576kJ (138Cal)
Protein (g)	55.1g	10.3g
Fat, total (g)	35.3g	6.6g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	46.4g	8.7g
- sugars (g)	7.5g	1.4g
Sodium (mg)	846mg	159mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop the **brown onion** and **garlic**. Cut the **chicken breast** into 2cm pieces. Thinly slice the **leek**. Finely chop the **celery**.



Cook the risoni

Add the **risoni** to the pan and stir to combine. Season, then add the **water** and bring to the boil. 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.



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 **chicken**, tossing occasionally, until the chicken is browned and cooked through, **4-5 minutes**. Season with **salt** and **pepper**, then transfer to a plate.

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



Finish the risoni

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



Cook the onion

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



Serve up

Divide the chicken, pesto and leek risoni between bowls. Tear over the **parsley** and sprinkle with the **grated Parmesan cheese** to serve.

CUSTOM RECIPE

If you've doubled your grated Parmesan cheese, sprinkle over the risoni to serve.

Enjoy!