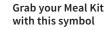


Herby Chicken & Courgette Risoni with Rocket Salad

MEDITERRANEAN

CLIMATE SUPERSTAR













Chicken Drumstick

Aussie Spice Blend





Garlic & Herb Seasoning

Tomato Paste





Rocket Leaves

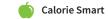




Pantry items

Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early



There are plenty of choices for a good risoni out there, but we're positive we have the winning combination of ingredients that will top the lot! Spiced chicken is combined with courgette in a tomato-based sauce for a hearty and warming meal which is sure to satisfy your tastebuds.



Olive Oil, Butter, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

2 People	4 People
refer to method	refer to method
1 medium packet	1 large packet
1	2
1 medium packet	2 medium packets OR 1 large packet
1 medium sachet	1 large sachet
1 medium sachet	1 large sachet
1 packet	2 packets
30g	60g
1 small packet	1 medium packet
1 tsp	2 tsp
1 small packet	1 medium packet
drizzle	drizzle
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 medium packet 1 1 medium packet 1 medium sachet 1 medium sachet 1 packet 30g 1 small packet 1 tsp 1 small packet drizzle

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	583kJ (139Cal)
Protein (g)	38.4g	9.6g
Fat, total (g)	26.9g	6.7g
- saturated (g)	12.4g	3.1g
Carbohydrate (g)	46.5g	11.6g
- sugars (g)	8.8g	2.2g
Sodium (mg)	1295mg	323mg

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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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW13





Cook the risoni

- · Boil the kettle.
- Half-fill a large saucepan with boiling water and add a generous pinch of salt.
- Cook **risoni**, uncovered, over high heat, 'al dente', **7-8 minutes**.
- Drain and return to saucepan. Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people).



Cook the chicken & veggies

- In a large frying, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken and courgette, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Add garlic & herb seasoning, tomato paste and the butter, and cook until fragrant, 1-2 minutes.
- Add risoni, baby leaves, the brown sugar and the reserved pasta water.
 Stir to combine and season with a pinch of pepper.

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

Custom Recipe: Cook chicken in batches for best results.



Get prepped

- Slice courgette into half-moons. Cut chicken drumstick fillets into 2cm chunks.
- In a medium bowl, combine chicken, Aussie spice blend, a drizzle of olive oil and a pinch of salt and pepper.

Custom Recipe: If you've swapped to chicken breast, follow step above.



Serve up

- In a medium bowl, combine rocket leaves and a drizzle of white wine vinegar and olive oil. Season to taste.
- Divide spiced chicken and courgette risoni between bowls. Top with rocket salad. Enjoy!

