



Chicken & Pesto Risoni

with Parmesan & Chargrilled Capsicum Relish

Grab your Meal Kit
with this symbol



Green Beans



Chicken Breast



Risoni



Garlic & Herb
Seasoning



Salad Leaves



Basil Pesto



Chargrilled
Capsicum Relish



Grated Parmesan
Cheese



Grated
Parmesan
Cheese



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!



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

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)
chicken breast	1 packet	1 packet
risoni	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
salad leaves	1 small bag	1 medium bag
basil pesto	1 packet (50g)	1 packet (100g)
chargrilled capsicum relish	½ packet (25g)	1 packet (50g)
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)	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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2765kJ (660Cal)	765kJ (182Cal)
Protein (g)	53.2g	14.7g
Fat, total (g)	30.1g	8.3g
- saturated (g)	9g	2.5g
Carbohydrate (g)	42g	11.6g
- sugars (g)	4.7g	1.3g
Sodium (mg)	1008mg	279mg

The quantities provided above are averages only.

*Custom Recipe is not Calorie Smart

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.



Cook the risoni

- Boil the kettle. Trim and halve **green beans**. Cut **chicken breast** into 2cm chunks.
- Half-fill a medium saucepan with boiling water. Add **risoni** and cook 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

- Transfer **chicken** and **green beans** to the cooked **risoni**. Add **salad leaves**, **basil pesto**, **chargrilled capsicum relish** (see ingredients) and 1/2 the **grated Parmesan cheese**. Stir until combined, then season to taste.

CUSTOM RECIPE

If you ordered extra grated Parmesan cheese, add 1/2 the Parmesan to the risoni.



Cook the chicken & greens

- Meanwhile, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** and **green beans**, tossing occasionally, until browned and cooked through, **4-6 minutes**.
- In the last **1-2 minutes** of cook time, add **garlic & herb seasoning** and toss to coat.



Serve up

- Divide chicken and pesto risoni between bowls.
- Sprinkle over remaining Parmesan cheese to serve.

CUSTOM RECIPE

Sprinkle the remaining extra Parmesan cheese over the risoni.

Enjoy!