



Chicken & Cherry Tomato Risoni Risotto

with Basil & Parmesan

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Chicken Thigh



Lemon



Tinned Cherry Tomatoes



Risoni



Vegetable Stock



Basil



Parmesan Cheese



Baby Spinach Leaves

Hands-on: **35-45 mins**
Ready in: **45-55 mins**

Eat me early

If the sound of making a risotto from scratch sounds a little too daunting, we might have a glorious solution for you – using risoni instead of arborio rice! With chunks of tender chicken, sweet balsamic roasted tomatoes and leafy baby spinach, it comes together in one pan (without all the stirring) for a comforting bowl of goodness that feels like no work at all.

Pantry items

Olive Oil, Butter

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
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
chicken thigh	1 packet	1 packet
lemon	½	1
tinned cherry tomatoes	1 tin	2 tins
risoni	1 packet	2 packets
boiling water*	2½ cups	5 cups
vegetable stock	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
basil	1 bunch	1 bunch
Parmesan cheese	1 block (50g)	1 block (100g)
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (836Cal)	523kJ (125Cal)
Protein (g)	52.7g	7.9g
Fat, total (g)	26.3g	3.9g
- saturated (g)	13.6g	2.0g
Carbohydrate (g)	93.6g	14.0g
- sugars (g)	12.1g	1.8g
Sodium (g)	903mg	135mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a kettle of water to the boil. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Cut the **chicken thigh** into 2cm chunks. Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. Drain the **tinned cherry tomatoes**.

TIP: Reserve the liquid from the cherry tomatoes to use in other meals, like a bolognese sauce!



4. Prep the basil & Parmesan

While the risoni is cooking, pick and thinly slice the **basil** leaves. Finely grate the **Parmesan cheese**.



2. Start the risotto

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and **chicken** and cook until the chicken is golden, **4-5 minutes**. Add the **garlic**, **lemon zest** and **risoni** and cook, stirring, until fragrant, **1 minute**. Carefully add the **boiling water** (**2 1/2 cups for 2 people / 5 cups for 4 people**), **vegetable stock** and the **salt** and cook, stirring, for **2 minutes**.



5. Finish the risotto

Stir the **butter** and grated **Parmesan cheese** through the risotto until almost melted. Add the **baby spinach leaves** and **cherry tomatoes** and stir to combine. Stir through a **small squeeze** of **lemon juice**. Season to taste with a **good pinch** of **salt** and **pepper**.

TIP: Seasoning is key in this dish, so taste and add more lemon juice, salt or pepper if you think it needs it!



3. Cook the risotto

Bring the **risotto** to the boil, then reduce to a simmer and cook until the risoni is tender, **15 minutes**.



6. Serve up

Divide the chicken and cherry tomato risoni risotto between bowls. Garnish with the basil. Serve with any remaining lemon wedges.

Enjoy!