



Dinner - One-Pan Chicken, Chorizo & Cherry Tomato Risoni

Lunch - Chicken, Chorizo & Creamy Pesto Wraps

Grab your Meal Kit with this symbol



Tinned Cherry Tomatoes



Brown Onion



Garlic



Thyme



Mild Chorizo



Chicken Thigh



Rustic Herb Spice Blend



Chilli Flakes (Optional)



Risoni



Chicken Stock



Shredded Cheddar Cheese



Baby Spinach Leaves

FOR YOUR LUNCH



Tomato



Classic Wraps



Creamy Pesto Dressing



DINNER
Hands-on: **30-40 mins**
Ready in: **40-50 mins**



Eat me early



LUNCH
Ready in: **10 mins**



Spicy (optional chilli flakes)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Chicken and chorizo are on double duty tonight, in a satisfying bowl of risoni for dinner and wraps with pesto for lunch tomorrow. Extra delicious!

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
tinned cherry tomatoes	1 tin	2 tins
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
thyme	1 bunch	1 bunch
mild chorizo	1 packet	1½ packets
chicken thigh	1 packet	1 packet
rustic herb spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
risoni	1 packet	2 packets
water*	1¼ cups	2½ cups
chicken stock	1 sachet	1 sachet
butter*	20g	40g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (120g)	1 bag (180g)
tomato	1	1
classic wraps	4	4
creamy pesto dressing	1 packet (100g)	1 packet (100g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3120kJ (744Cal)	552kJ (132Cal)
Protein (g)	50.5g	8.9g
Fat, total (g)	37.7g	6.7g
- saturated (g)	18.3g	3.3g
Carbohydrate (g)	48.5g	8.6g
- sugars (g)	11.9g	2.1g
Sodium (g)	1260mg	223mg

LUNCH		
Energy (kJ)	3740kJ (894Cal)	902kJ (216Cal)
Protein (g)	41.8g	10.1g
Fat, total (g)	58.3g	14.0g
- saturated (g)	10.5g	2.5g
Carbohydrate (g)	50.3g	12.1g
- sugars (g)	4.5g	1.1g
Sodium (g)	1380mg	333mg

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.

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DINNER



1. Get prepped

Drain the **tinned cherry tomatoes**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Cut the **mild chorizo** (see ingredients list) into 1cm chunks. Cut the **chicken thigh** into 2cm chunks.



2. Cook the chicken & chorizo

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chorizo** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a medium bowl. Add the **chicken** to the pan and cook, tossing, until browned and cooked through, **5 minutes**. Transfer to the bowl with the **chorizo**.

TIP: Cook the chicken in batches if your pan is getting crowded!

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



4. Finish the risoni

Add the **risoni** and **cherry tomatoes** to the pan and lightly crush the **cherry tomatoes** with a spoon to combine. Add the **water** and **chicken stock**. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and the water is absorbed, **15-17 minutes**. Reserve **2 portions** of the **chicken** and **chorizo** (about **1 cup**) for lunch, and add the **remaining chicken** and **chorizo** to the pan. Add the **butter**, **shredded Cheddar cheese** and **baby spinach leaves** (reserve 2 handfuls for lunch!) and stir until the spinach is wilted, **1-2 minutes**.

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



3. Start the risoni

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **garlic**, **rustic herb spice blend**, **thyme** and a **pinch of chilli flakes** (if using) and cook until fragrant, **1 minute**.



6. Make lunch

When you're ready to pack your lunch, thinly slice the **tomato** into half-moons. Divide the **chicken** and **chorizo** between two microwavable containers. Divide the **classic wraps**, **creamy pesto dressing**, reserved **baby spinach leaves** and **tomato** between two lunch packages. Refrigerate. At lunch time, microwave the **chicken** and **chorizo** in **30 second bursts** until heated through. Spread the **creamy pesto dressing** over the **wraps** and top with the **baby spinach**, **tomato**, **chicken** and **chorizo**. Roll up and enjoy!

Enjoy!

5. Serve up dinner

Divide the **chicken**, **chorizo** and **cherry tomato risoni** between bowls.