

Slow-Cooked Chicken & Creamy Risoni Bake

with Baby Broccoli & Parmesan Cheese

Grab your Meal Kit with this symbol



Leek



Baby Broccoli



Garlic



Garlic & Herb Seasoning



Chicken Breast



Cream



Chicken-Style Stock Powder



Risoni



Salad Leaves




Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **80-90 mins**

 Eat Me Early

Patience is going to be key with this dish. We understand how tempting it is to dig in as soon as possible - it smells so good - but you'll be glad for those extra minutes. Allowing the succulent chicken to marinate in the creamy stew will add a burst of flavour to every bite.

Pantry items

Olive Oil, Plain Flour, 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 ovenproof saucepan with a lid (or foil) ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
baby broccoli	1 bag	1 bag
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 sachet	1 sachet
chicken breast	1 packet	1 packet
plain flour*	½ tbs	1 tbs
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	1½ cups	3 cups
risoni	1 packet	1 packet
butter*	20g	40g
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3175kJ (759Cal)	757kJ (181Cal)
Protein (g)	48.9g	11.7g
Fat, total (g)	41.8g	10g
- saturated (g)	24.7g	5.9g
Carbohydrate (g)	44.1g	10.5g
- sugars (g)	6.6g	1.6g
Sodium (mg)	1190mg	284mg

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.



Get prepped

Preheat oven to **180°C/160°C fan-forced**. Thinly slice **leek**. Trim **baby broccoli**. Finely chop **garlic**.



Add the risoni

Remove lid or foil from the saucepan, then add **risoni** and the **butter** and stir to combine. Bake, uncovered, for another **30-35 minutes**, until risoni is 'al dente', most of the liquid is absorbed and chicken is cooked through. Remove pan from the oven, then add **salad leaves** and stir through until wilted. Set aside to rest for **5 minutes**.

TIP: Resting the dish ensures risoni is extra creamy!

TIP: The chicken is cooked when it is no longer pink inside!



Sear the chicken

In medium bowl, combine **garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken breast** and toss to coat. In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, sear **chicken** until golden, **2-3 minutes** each side. Transfer to a plate.

TIP: The chicken will finish cooking in step 3!



Cook the greens

While the stew is resting, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.



Bake the chicken & sauce

Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until slightly softened, **2-3 minutes**. Add the **plain flour** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Stir in **cream** (see ingredients), **chicken-style stock powder** and the **water**. Season and bring to the boil. Return **chicken** to the pan, then cover with a lid or tightly with foil and bake for **25 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



Serve up

Divide creamy risoni bake between bowls. Top with baby broccoli and chicken. Sprinkle with **grated Parmesan cheese** to serve.

Enjoy!