

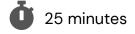




Italian Chicken

with Tomato Risonotto

Like a risotto but made with risoni! Pasta cooked with Urban Forager's organic chicken stock, cherry tomatoes and garlic for a classic flavour, served with oregano chicken and dressed rocket leaves.







Make it cheesy!

You can add parmesan cheese or crumbled feta to this dish if you have some!

PROTEIN TOTAL FAT CARBOHYDRATES

73g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
CHERRY TOMATOES	1 packet (200g)
RISONI	125g
CHICKEN STOCK PASTE	1 jar
CHICKEN SCHNITZELS	300g
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar, 1 garlic clove

KEY UTENSILS

large frypan with lid, frypan

NOTES

Stir the risoni every few minutes to prevent the pasta from sticking to the bottom of the pan. Gently crush the tomatoes if preferred. Add more water towards the end if needed.

No gluten option - risoni is replaced with GF pasta. Sauté the vegetables as per step 1. Bring a saucepan of water to a boil. Cook pasta according to packet instructions until al-denté. Drain, reserving 1 cup cooking water. Stir cooked pasta, reserved cooking water and 1 tsp chicken stock paste through vegetables.





1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion and slice carrot into crescents. Add to pan as you go along with tomatoes and **1 crushed garlic clove**. Cook for 5 minutes until softened.



2. ADD RISONI AND SIMMER

Stir in risoni, chicken stock paste and 1 1/2 cups water. Cover and simmer for 10 minutes, stirring occasionally (see notes).



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with 1 tsp oregano, oil, salt and pepper. Cook in pan for 4-5 minutes each side until golden and cooked through.



4. DRESS THE ROCKET LEAVES

Whisk together 1/2 tbsp olive oil and 1/2 tbsp balsamic vinegar. Toss rocket until well combined.



5. FINISH AND SERVE

Slice chicken and serve with risoni. Top with rocket leaves.

