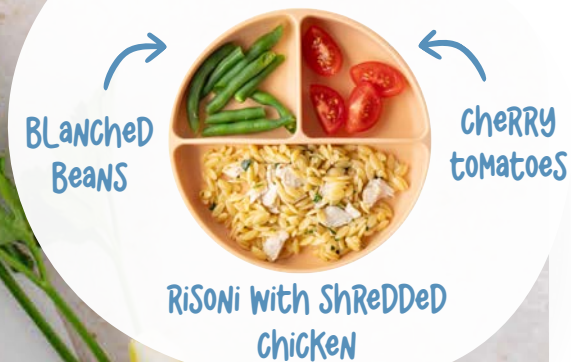




FOR the
Little ones



Roast Chicken Risoni

A hearty dish with oregano roast chicken breast, garlic butter risoni, and bright green beans with cherry tomatoes.

 35 Minutes

 2 Servings

 Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	5g	57g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
GREEN BEANS	150g
CHERRY TOMATOES	200g
PARSLEY	1 packet
LEMON	1
GARLIC CLOVE	1
RISONI	125g
CHICKEN STOCK PASTE	1 small jar

FROM YOUR PANTRY

oil + butter for cooking, salt, pepper, dried oregano

COOKING TOOLS

oven dish, saucepan

You can pan-fry or BBQ the chicken if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - risoni is replaced with GF pasta. Cook as per packet instructions.



1. Roast the chicken

Set oven to 220°C and bring a saucepan of water to a boil.

Line an oven dish and halve **chicken breast fillet**. Rub with **oil, 1 tsp oregano, salt and pepper**. Roast in upper part of the oven for 18-20 minutes or until cooked through.



4. Cook the Beans & tomatoes

Add **beans** to saucepan along with **1 tbsp oil and reserved cooking water**. Cover and cook for 3-4 minutes over medium heat. Add **tomatoes** to warm through. Drain and transfer to a serving bowl. Season with **salt and pepper**. Keep pan over heat.



2. Prepare the veggies

Trim **green beans** and halve or quarter **cherry tomatoes**.

Chop **parsley, zest 1/2 lemon** and **crush garlic**. Wedge **1/2 lemon**.

tip When zesting lemons, avoid the bitter white pith and only remove the bright outer peel.



5. Toss the Risoni

Add **1-2 tbsp butter (or olive oil)** to saucepan. And **crushed garlic, lemon zest** and **1-2 tsp stock paste**, cook for 1 minute. Rinse and add **risoni, juice from 1/4 lemon** and **parsley**.

tip Reserve the parsley as garnish instead if that works better for your kids.



3. Cook the Risoni

Add **risoni** and **1/2 jar stock** to the boiling water. Cook for 9-10 minutes or until cooked al dente. Drain, reserving **1/3 cup cooking water**. Keep saucepan for step 4.

tip Stir the pan's bottom to prevent the risoni from sticking.



6. Finish and Serve

Slice **chicken** and adjust seasoning of **risoni** if needed.

Serve **risoni** with sliced **chicken, lemon wedges** and with a side of **veggies**.

tip Top with some grated parmesan cheese if you have some on hand!