

for the  
little onesBLANCHED  
BEANSCHERRY  
TOMATOESRISONI WITH SHREDDED  
CHICKEN

# 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

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## 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 spaghetti.** 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!