

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



4 Servings



Chicken

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FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
GREEN BEANS	250g
CHERRY TOMATOES	200g
PARSLEY	1 packet
LEMON	1
GARLIC CLOVES	2
RISONI	250g
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 fillets**. Rub with **oil, 2 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 **lemon** and crush **garlic**. Cut 1/2 lemon into wedges.

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



5. Toss the Risoni

Add **2-3 tbsp butter (or olive oil)** to saucepan. And crushed garlic, lemon zest and 1/2 tbsp stock paste, cook for 1 minute. Rinse and add risoni, juice from 1/2 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 **1/2 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!