



FOR the  
Little ones

BLANCHED  
BEANS



CHERRY  
TOMATOES

RISONI 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



4/6 Servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	5g	63g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST FILLETS	600g	600g + 300g
GREEN BEANS	250g	250g + 150g
CHERRY TOMATOES	200g	2 x 200g
PARSLEY	1 packet	2 packets
LEMON	1	2
GARLIC CLOVES	2	2
RISONI	250g	250g + 125g
CHICKEN STOCK PASTE	1 small jar	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!

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 fillets**. Rub with **oil, 2-3 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.

**6P - cut 1 lemon into wedges.**



### 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**.

**6P - use full jar of stock, juice from 1 lemon.**

**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.

**6P - add risoni but no stock to the boiling water.**



### 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!