



Everything
But The Chef

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Poached Chicken & Risoni Salad

Everyone loves a good chicken breast, but how to ensure it stays moist and flavoursome? Why, poaching of course! Poaching is a fat free, easy way to keep meat beautiful and succulent, and with vegetable stock and lemon in the mix, we think this gorgeous risoni is going to have you licking the bowl clean.

Prep: 10 mins 
Cook: 30 mins  level 2
Total: 40 mins  eat me early
 high protein

 **Pantry Items:** Olive Oil, Balsamic Vinegar, Hot Water



Pumpkin



Cherry Tomatoes



Vegetable Stock



Lemon



Chicken Breast



Risoni



Basil



Fetta



Pine Nuts

2P	4P	Ingredients
300 g	600 g	pumpkin, peeled & cut into 1 cm dice
1 tbs	2 tbs	olive oil *
½ punnet	1 punnet	cherry tomatoes, halved
2 tsp	1 tbs	balsamic vinegar *
4 cups	8 cups	hot water *
1 tsp	2 tsp	vegetable stock
2 fillets	4 fillets	chicken breasts
½	1	lemon
⅔ cup	1 ⅓ cups	risoni
1 bunch	2 bunches	basil, finely shredded
½ block	1 block	fetta, crumbled
1 tbs	2 tbs	pine nuts

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3290	Kj
Protein	47.7	g
Fat, total	27.6	g
-saturated	8.1	g
Carbohydrate	83	g
-sugars	12	g
Sodium	599	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Pumpkins naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chef's knife, chopping board, oven tray lined with baking paper, kettle, medium bowl, two medium saucepans, sieve, and a spatula.

1 Preheat oven to **200°C/180°C** fan-forced. Bring a kettle full of water to the boil.

2 Place the **pumpkin** on one side of the prepared tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **10 minutes**. Place the **cherry tomatoes** in a medium bowl and toss in the **balsamic vinegar** and the remaining olive oil. Season with salt and pepper. Add to other side of the oven tray and place the tray back in the oven for a further **20 minutes**.



3 Meanwhile, place the **hot water**, **vegetable stock**, and **chicken breasts** in a medium saucepan. Juice the **lemon** into the water and then throw in the whole squeezed lemon half to help flavour the stock. Ensure the chicken is fully submerged in the liquid. If it is not, add a little extra water. Place over a medium heat and bring to the boil. As soon as the liquid comes to the boil, reduce the heat to a very gentle simmer. Simmer for **8 minutes**, or until the chicken is cooked through. Remove from the poaching liquid and allow to cool slightly. Then, shred the chicken using two forks.

4 While the chicken is cooking, bring another medium saucepan full of water to the boil. Add the **risoni** and cook for **8 minutes** or until 'al dente'. Drain.

5 Combine the risoni, shredded chicken, **basil**, **fetta**, **pine nuts**, roasted vegetables and any balsamic vinegar and oil left from the roasting tray into the bowl. Season with salt and pepper.

6 To serve, divide the risoni between bowls.



Did you know? It is believed that the name "pumpkin" was first used in the fairy tale *Cinderella* in the 17th century.