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Lemon & Garlic Chicken Kebabs with Pesto Risoni

If this explosion of colour on your plate doesn't get you excited for dinner, we don't know what will. Kebabs of chicken in a Grecian marinade of olive oil, garlic, thyme and lemon sit atop a bed of zesty risoni, the perfect way to soak up every delicious morsel of flavour in this meal.



Prep: 25 mins



Cook: 25 mins



Total: 50 mins



level 1



helping hands



eat me early

Pantry Items



Olive Oil



Skewers



Garlic



Lemon



Chicken Thighs



Red Onion



Cherry Tomatoes



Risoni



Baby Spinach



Traditional Pesto

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QTY	Ingredients
1 tbs	olive oil *
2 cloves	garlic, peeled & crushed 
1	lemon, cut into wedges 
10	metal or wooden skewers *
1 packet	chicken thighs, cut into 2 cm cubes
1	red onion, cut into thin wedges  
1 punnet	cherry tomatoes, halves
2 packets	risoni
1 bag	baby spinach, washed
1 tub	traditional pesto

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2280	Kj
Protein	41.5	g
Fat, total	23.4	g
-saturated	5.1	g
Carbohydrate	39.9	g
-sugars	4.7	g
Sodium	232	mg



You will need: *chef's knife, chopping board, garlic crusher, small jug, wooden or metal skewers, aluminium foil lined grill tray, medium saucepan and sieve.*

1 Preheat the oven grill to a medium-high heat.

2 In a small jug combine the **olive oil**, **garlic** and the juice from half of the **lemon wedges**.

3 **Skewer** the **chicken thigh cubes**, **red onion wedges** and **cherry tomatoes**, alternating as you go. Lay them out on the lined grill tray. Pour over the marinade and turn the skewers to coat them completely.

Tip: If you're using wooden skewers, wrap the exposed ends with foil.

4 Place the chicken skewers under the grill and cook for **8 minutes** on each side or until the chicken is cooked through.

5 Meanwhile, bring a medium saucepan of salted water to the boil. Add the **risoni** and cook for **8 minutes** or until 'al dente'. Drain and return the risoni to the saucepan. Stir through the **baby spinach** and **traditional pesto** until the spinach is wilted and coated in pesto.

6 To serve, divide the risoni between plates and top with the chicken skewers. Serve with the remaining lemon wedges.



Did you know? The psychological term for a fear of garlic is alliumphobia.