



Dinner - One-Pan Chicken, Chorizo & Cherry Tomato Risoni

Lunch - Chicken, Chorizo & Pesto Dressing Wraps

Grab your Meal Kit with this symbol



Cherry Tomatoes



Brown Onion



Garlic



Thyme



Mild Chorizo



Chicken Thigh



Italian Herbs



Chilli Flakes (Optional)



Risoni



Chicken Stock



Shredded Cheddar Cheese



Baby Spinach Leaves

FOR YOUR LUNCH



Tomato



Classic Wraps



Creamy Pesto Dressing

Pantry items

Olive Oil, Butter

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Spicy (optional chilli flakes)

Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Chicken and chorizo are on double duty tonight, in a satisfying bowl of risoni for dinner and wraps with pesto for lunch tomorrow. Extra delicious!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
brown onion	1	2
garlic	3 cloves	6 cloves
thyme	1 bunch	1 bunch
mild chorizo	1 packet	1½ packets
chicken thigh	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
risoni	1 packet	2 packets
water*	1¼ cups	2½ cups
chicken stock	1 cube	2 cubes
butter*	20g	40g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (120g)	1 bag (180g)
tomato	1	1
classic wraps	4	4
creamy pesto dressing	2 packets (100g)	2 packets (100g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3160kJ (754Cal)	595kJ (142Cal)
Protein (g)	49.2g	9.3g
Fat, total (g)	39.7g	7.5g
- saturated (g)	19.4g	3.7g
Carbohydrate (g)	46.6g	8.8g
- sugars (g)	10.4g	2.0g
Sodium (g)	1260mg	237mg

LUNCH

Energy (kJ)	3920kJ (936Cal)	886kJ (212Cal)
Protein (g)	44.7g	10.1g
Fat, total (g)	61.4g	13.9g
- saturated (g)	11.7g	2.7g
Carbohydrate (g)	50.6g	11.4g
- sugars (g)	4.7g	1.1g
Sodium (g)	1570mg	355mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

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2020 | CW19



1. Get prepped

Halve the **cherry tomatoes**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme leaves**. Cut the **mild chorizo** (see **ingredients list**) into 1cm chunks. Cut the **chicken thigh** into 2cm chunks.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



4. Finish the risoni

Add the **risoni** and **cherry tomatoes** to the pan and stir to combine. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and water is absorbed, **15-17 minutes**. Reserve 2 portions of the **chicken** and **chorizo** (about 1 cup) for lunch, then add the **remaining chicken** and **chorizo** to the pan. Add the **butter**, **shredded Cheddar cheese** and **baby spinach leaves** (reserve 2 handfuls for lunch) and stir until the **spinach** has wilted.

TIP: Add a dash more water if your risoni looks dry.



2. Cook the chicken & chorizo

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chorizo** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a medium bowl. Add the **chicken** to the pan and cook until browned and cooked through, **5 minutes**. Add to the bowl with the chorizo.

TIP: Cook the chicken in batches if your pan is getting crowded!



5. Serve dinner

Divide the chicken, chorizo and cherry tomato risoni between bowls.



3. Start the risoni

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **garlic**, **Italian herbs**, **thyme** and a **pinch of chilli flakes** (if using) and cook until fragrant, **1 minute**.



6. Make lunch

When you're ready to pack your lunch, thinly slice the **tomato** into half-moons. Divide the **chicken** and **chorizo** between two microwavable containers. Divide the **classic wraps** (see **ingredients list**), **creamy pesto dressing** packets, **reserved baby spinach leaves** and **tomato slices** between two lunch packages. Refrigerate. At lunch, microwave the **chicken** and **chorizo** in 30 second bursts until heated through. Spread the **creamy pesto dressing** over the **classic wraps** and top with the **baby spinach leaves**, **tomato**, **chicken** and **chorizo**. Roll up and enjoy!