

MARLEY SPOON



Creamy One-Pan Chicken

with Risoni, Peas and Spinach



20-30min



2 Portions

One-pan wonders aren't just easier on the dishwasher. By cooking everything in the same pot, all the flavour is kept right where it should be - in the dish. This moreish, family-friendly meal combines free-range chicken, dried Italian herbs and rice-shaped pasta known as risoni with a lightly creamy sauce and a healthy dose of greens.

What we send

- baby spinach leaves
- free range chicken breast fillet
- onion
- pouring cream ⁷
- Italian herbs ¹⁷
- risoni pasta ¹
- green peas

What you'll require

- boiling water
- mustard ¹⁷
- olive oil
- sea salt and pepper

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 920kcal, Fat 34.8g, Carbs 87.5g, Proteins 58.9g



1. Prepare onion

Finely chop the **onion**.



2. Cook onion

Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, stirring occasionally, for 3 mins or until soft.



3. Add water and cream

Add **750ml (3 cups) boiling water** to the pan and stir to remove any onion stuck to the base of the pan. Add **half the cream** (the remaining cream won't be used in this dish) and bring to a simmer.



4. Add risoni

Stir in the **risoni**, **1 tsp dried Italian herbs** (the remaining herbs won't be used in this dish) and **1 tbs mustard**. Bring to a simmer, cover with a lid and cook, stirring occasionally, for 10 mins.



5. Add chicken

Meanwhile, cut the **chicken** into 3cm chunks. After the risoni mixture has been cooking for 10 mins, stir in the chicken and cook, covered, for a further 5 mins or until the chicken is cooked through and the risoni is al dente.



6. Get ready to serve

Drain and rinse the **peas**. Stir the peas and **spinach** into the **risoni mixture** and cook for 1-2 mins until the peas are warmed through and the spinach has wilted. Season with **salt and pepper** and divide among bowls to serve.