

MARLEY SPOON



Chick Chick Cacciatore

from Three Veg and Meat Cookbook



20-30min



4 Portions

Marley Spoon's Culinary Director, Olivia Andrews, shares an exclusive recipe from her new cookbook, *Three Veg and Meat*, which shows that by flipping the balance on our plates and making vegetables the star, you'll be doing better by your body, budget and the planet. It's got all your family favourite recipes, such as classic chicken cacciatore, reimagined to deliver a whopping 4 serves of veg p...

What we send

- 1
- 4
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* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- slotted spoon

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

Cooking tip

If you have a suitable non-stick or enamel pan, it is best to use it for this recipe as the risoni tends to stick to the base of the pan.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

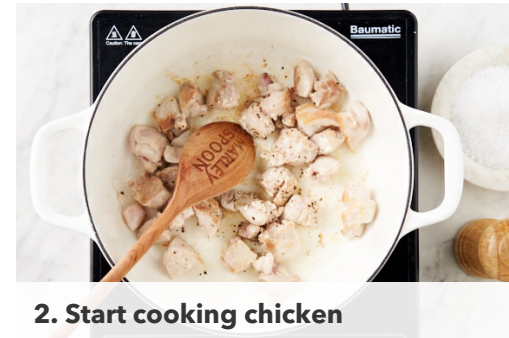
Nutrition per serving

Energy 725kcal, Fat 26.2g, Carbs 76.4g, Proteins 36.5g



1. Prepare ingredients

Read through the recipe. Crush or finely chop the **garlic**. Thinly slice the **celery**. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Cut the **chicken** into 2cm chunks.



2. Start cooking chicken

Heat **2 tbs olive oil** in a large saucepan (see cooking tip) over medium-high heat. Add the **chicken**, season with **salt and pepper** and cook, stirring occasionally, for 2 mins or until light golden (the chicken won't be cooked at this point). Transfer the chicken to a bowl, using a slotted spoon, leaving the flavoured oil in the pan.



3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add the **tomato paste** and **1L (4 cups) boiling water** and stir to dissolve. Add the **garlic, celery, capsicum** and **anchovy paste** to the pan and cook, stirring, for 2 mins or until the vegetables start to soften.



4. Add stock and tomato

Add the **stock, tomatoes** and **2 tsp oregano**** and bring to the boil, stirring to incorporate the flavour from the base of the pan.



5. Add risoni

Add the **risoni** and return the **chicken and any resting juices** to the pan. Cook, stirring to avoid the risoni sticking to the base of the pan, for 5 mins or until the risoni is partially cooked.



6. Get ready to serve

Meanwhile, trim and halve the **beans** widthwise. Drain the **chickpeas**, without rinsing. Stir the beans, chickpeas and **olives** into the **risoni mixture** and cook for a further 5 mins or until the risoni is tender. Taste, then season with **salt and pepper**. Divide the **chicken cacciatore** among bowls to serve.