



Creamy Fajita Style Chicken Pasta with Pepper and Italian Style Cheese

Customer Favourites 25-30 Minutes • Mild Spice • 1 of your 5 a day

38



Red Onion



Bell Pepper



Garlic Clove



Rigatoni Pasta



Diced Chicken Thigh



Mexican Style Spice Mix



Chicken Stock Paste



Soured Cream



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, colander, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Red Onion** | 1 | 1 | 2 |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Rigatoni Pasta 13 | 180g | 270g | 360g |
| Diced Chicken Thigh** | 260g | 390g | 520g |
| Mexican Style Spice Mix | 1 sachet | 2 sachets | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Soured Cream** 7 | 150g | 225g | 300g |
| Grated Hard Italian Style Cheese** 7 8 | 20g | 40g | 40g |
| Diced Chicken Breast** | 260g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 1½ tbsp | 2¼ tbsp | 3 tbsp |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 457g | 100g | 457g | 100g |
| Energy (kJ/kcal) | 3393/811 | 742/177 | 3132/748 | 685/164 |
| Fat (g) | 31.6 | 6.9 | 21.4 | 4.7 |
| Sat. Fat (g) | 14.5 | 3.2 | 11.5 | 2.5 |
| Carbohydrate (g) | 85.2 | 18.7 | 85.0 | 18.6 |
| Sugars (g) | 16.5 | 3.6 | 16.5 | 3.6 |
| Protein (g) | 48.4 | 10.6 | 51.3 | 11.2 |
| Salt (g) | 2.03 | 0.45 | 1.97 | 0.43 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7 Milk **8** Egg **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the rigatoni.

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper** and discard the core and **seeds**. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



Add the Veg

Pop the (now empty) pan back on high heat (no need to clean). Add another drizzle of **oil** if needed.

Add the **sliced pepper** and **onion** to the pan. Stir in the **sugar** (see pantry for amount), then season with **salt** and **pepper**. Stir-fry until the **veg** has softened, 4-5 mins.

Once softened, add the **browned chicken** back into the pan, along with the **Mexican style spice mix** and the **garlic**. Stir-fry for 30 secs.



Cook the Pasta

When the **water** is boiling, add the **rigatoni** to the pan and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bring on the Creamy Sauce

Next, stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**.

Bring to the boil and simmer until the **chicken** is cooked through and the **sauce** has reduced by half, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Once the **sauce** has reduced, stir in the **soured cream** and the **grated Italian style cheese**. Season with **salt** and **pepper**, then bring to the boil and simmer until slightly thickened, 2-3 mins. Remove from the heat.



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the diced **chicken** to the pan and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Once browned, transfer the **chicken** to a small bowl for later.

CUSTOM RECIPE

If you've chosen to get diced **chicken breast** instead of **thigh**, cook the recipe in the same way.



Finish and Serve

Add the **pasta** to the **sauce** and stir together to combine.

Taste and add more **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.

Share the **fajita style pasta** between your bowls.

Enjoy!