



# Hearty Honey-Mustard Chicken Pasta Salad with Crispy Onions and Cherry Tomatoes

**Lunch** 20-25 Minutes

13A

Find all your unchilled Market items in bag A.



Rigatoni Pasta



Mayonnaise



Honey



Wholegrain Mustard



Cherry Tomatoes



Cooked Chicken Slices



Baby Leaf Mix



Crispy Onions

**Pantry Items**  
Oil, Salt, Pepper

## 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, colander and bowl.

## Ingredients

Ingredients	Quantity
Rigatoni Pasta <b>13</b> )	180g
Mayonnaise <b>8</b> ) <b>9</b> )	96g
Honey	30g
Wholegrain Mustard <b>9</b> )	17g
Cherry Tomatoes	125g
Cooked Chicken Slices**	1 pack
Baby Leaf Mix**	20g
Crispy Onions <b>13</b> )	1 sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	322g	100g
Energy (kJ/kcal)	2754/658	857/205
Fat (g)	19.5	6.1
Sat. Fat (g)	3.2	1.0
Carbohydrate (g)	85.5	26.6
Sugars (g)	19.3	6.0
Protein (g)	35.5	11.0
Salt (g)	2.24	0.70

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

## Allergens

**8)** Egg **9)** Mustard **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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1



2



3



## Boil the Pasta

**a)** Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt**.

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

**c)** Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Leave to cool, 5-10 mins.

## Get Prepped

**a)** Meanwhile, in a large bowl, combine the **mayonnaise**, **honey** and **wholegrain mustard**. Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

**b)** Set aside **2 tbsp** of the **honey mustard mayo dressing** in another small bowl.

**c)** Halve the **cherry tomatoes**.

**d)** Chop each **cooked chicken slice** into 3 pieces.

## Assemble and Serve

**a)** Once cooled, add the **rigatoni** to the large bowl of **honey mustard mayo dressing**, along with the **chopped chicken slices** and **cherry tomatoes**. Toss to coat.

**b)** When you're ready to serve, toss through the **baby leaf mix**, then divide between 2 serving bowls.

**c)** Drizzle over the reserved **honey mustard mayo dressing** and sprinkle over the **crispy onions** to finish.

Enjoy!