



# Creamy Chicken Pesto Spaghetti with Cheese and Rocket

Super Quick 15 Minutes

7



Spaghetti



Diced Chicken Breast



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Fresh Pesto



Wild Rocket

**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

Kettle, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Spaghetti <b>13</b>	180g	270g	360g
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** <b>7</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Fresh Pesto** <b>7</b>	32g	64g	64g
Wild Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	360g	100g
Energy (kJ/kcal)	3495 /835	971 /232
Fat (g)	37.1	10.3
Sat. Fat (g)	18.9	5.3
Carbohydrate (g)	72.6	20.2
Sugars (g)	6.0	1.7
Protein (g)	50.2	14.0
Salt (g)	1.76	0.49

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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1



## Ready Spaghetti

- Boil a full kettle. Pour it into a saucepan with  $\frac{1}{2}$  tsp salt on high heat.
- Boil the **pasta**, 8 mins.
- Once cooked, drain and return to the pan. Drizzle with **oil** to stop it sticking together.

3



## Sauce Time

- Next, stir in the **water for the sauce** (see pantry for amount), **chicken stock paste** and **crème fraîche**.
- Bring to the boil, then turn the heat down slightly.
- Simmer, 1-2 mins. Remove from the heat.

2



## Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

4



## Dinner's Ready!

- Mix the **cooked spaghetti**, **cheese** and **pesto** into the **sauce**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's too thick.
- Serve your **pasta** in bowls.
- Top with the **rocket** to finish.

## Enjoy!