



# Dinner: Balsamic Chicken & Roasties


Lunch: Chicken, Cheese & Tomato Pesto Pasta

Nº 20

**DINNER TO LUNCH** Dinner: 35 Minutes • Lunch: 5 Minutes • 1.5 of your 5 a day

**DINNER**



-  Potato
-  Baby Plum Tomatoes
-  Green Beans
-  Chicken Breast (skin on)
-  Provencale Herbs
-  Hard Italian Style Grated Cheese
-  Penne Pasta
-  Green Pesto
-  Balsamic Vinegar
-  Chicken Stock Powder

**LUNCH**

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Saucepan, Frying Pan, Colander and Measuring Jug.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Baby Plum Tomatoes	1 punnet	1 punnet	1 punnet
Green Beans**	1 small pack	¾ large pack	1 large pack
Chicken Breast (skin on)**	4	5	6
Provencale Herbs	1 pot	1¼ pots	1½ pots
Hard Italian Style Grated Cheese (7) 8)**	1 pack	1½ packs	2 packs
Penne Pasta (13)	200g	200g	200g
Green Pesto (7)	1 pot	1 pot	1 pot
Balsamic Vinegar (14)	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water for the Sauce*	100ml	150ml	200ml

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

### Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredients	494g	100g
Energy (kJ/kcal)	462/1932	93/ 391
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	42	8
Sugars (g)	2	1
Protein (g)	44	9
Salt (g)	0.72	0.15

Lunch	Per serving	Per 100g
for uncooked ingredients	443g	100g
Energy (kJ/kcal)	720/3012	680/ 162
Fat (g)	20	5
Sat. Fat (g)	6	1
Carbohydrate (g)	77	17
Sugars (g)	6	1
Protein (g)	56	13
Salt (g)	0.67	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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The Fresh Farm

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## 1. Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel) and pop on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden, 30-35 mins, turning halfway.



## 4. Cook the Beans

When the **potatoes** have been roasting for 20 mins, remove the tray from the oven. Scatter half the **hard Italian style cheese** over the **potatoes**, toss together and push to one half of the tray. Put the **green beans** on the other half of the tray, drizzle with **oil** and season with **salt** and **pepper**. Return to the oven for the remainder of the **potato** cooking time.



## 2. Prep

Meanwhile, chop the **baby plum tomatoes** in half. Trim the **green beans**. Pat the **chicken** dry with kitchen paper and season all over with **salt**, **pepper** and the **Provencale Herbs**. **IMPORTANT:** Wash your hands after handling raw chicken. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**.



## 5. Cook the Pasta

Add the **penne** to the boiling **water**, cook for 12 mins. Drain in a colander and return to the saucepan (off the heat). Stir in the **pesto** and **tomatoes**. Set aside. Meanwhile, when the **chicken** is cooked, return the now empty frying pan to medium heat. Add the **balsamic vinegar**, **chicken stock powder** and **water** for the sauce (see ingredients for amount). Bring to the boil, reduce the heat and simmer until thickened, 3-4 mins.



## 3. Cook the Chicken

Heat a drizzle of **oil** in a large pan on medium-high heat. Add the **chicken** skin-side down and cook until the skin is golden and crisp, 8-10 mins. Turn and continue to fry until the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Transfer to a plate and set aside, covered loosely in foil.

## LUNCH FOR TWO



## 6. Serve

Serve the **potatoes** and **green beans** with one **chicken breast** per person alongside. Set the other **chicken** aside to cool. Drizzle the **balsamic sauce** all over. **Enjoy!**

When you are ready to pack your lunch, divide the cooled **tomato pesto pasta** between containers. Remove the skin from the remaining **chicken** breasts and slice into 5 pieces. Lay the **chicken** on top of the **pasta**, finish with the remaining **cheese**. Reheat in the microwave until piping hot or enjoy cold! **Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.