



# Balsamic Chicken Dinner to Chicken Pesto Pasta Lunch

Dinner to Lunch 40 Minutes • 1 of your 5 a day

N° 31

Dinner



Lunch



Potato



Baby Plum Tomatoes



Green Beans



Chicken Breast  
- Skin-On



Provencal Herbs



Grated Hard Italian  
Style Cheese



Penne Pasta



Green Pesto



Balsamic Vinegar



Chicken Stock Paste

## Before you start

All our fruit & veg need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Kitchen Paper, Saucepan, Frying Pan, Aluminum Foil, Colander.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Baby Plum Tomatoes	125g	125g	125g
Green Beans**	80g	150g	150g
Chicken Breast - Skin-On	4	5	6
Provencal Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)</b>	40g	60g	80g
Penne Pasta <b>13)</b>	180g	180g	180g
Green Pesto <b>7)</b>	1 sachet	1 sachet	1 sachet
Balsamic Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water*	100ml	150ml	200ml

\*Not Included \*\*Keep in the fridge

## Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	446g	100g
Energy (kJ/kcal)	1951 /466	437 /104
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	42	9
Sugars (g)	3	1
Protein (g)	45	10
Salt (g)	1.28	0.29

Lunch	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2789 /667	808 /193
Fat (g)	20	6
Sat. Fat (g)	7	2
Carbohydrate (g)	66	19
Sugars (g)	5	1
Protein (g)	53	15
Salt (g)	0.67	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## 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.



## 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.



## 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 **Provencal 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**.



## 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 paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, reduce the heat and simmer until thickened, 3-4 mins.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **chicken** skin-side down and cook until the skin is golden and crisp, 8-10 mins. **IMPORTANT:** Wash your hands after handling raw meat. 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.



## Serve

Serve the **potatoes** and **green beans** with **1 chicken breast** per person alongside. Set the other **chicken** aside to cool. Drizzle the **balsamic sauce** all over and enjoy! When you're 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.