



Cajun Chicken, Bacon and Tomato Pasta

with Parsley

N° 9

FAMILY Hands on Time: 10 Minutes • Total Time: 25 Minutes • Medium Heat • Tastiest if Cooked First



Garlic Clove



Flat Leaf Parsley



Diced Chicken Thigh



Bacon Lardons



Cajun Spice



Tomato Purée



Finely Chopped Tomatoes



Chicken Stock Powder



Rigatoni



Grated Hard Italian Style Cheese

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug, Colander and Ovenproof Dish.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	280g	420g	560g
Bacon Lardons**	60g	90g	120g
Cajun Spice	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Rigatoni 13)	200g	300g	400g
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	515g	100g
Energy (kJ/kcal)	3519 / 841	684 / 163
Fat (g)	27	5
Sat. Fat (g)	9	2
Carbohydrate (g)	89	17
Sugars (g)	13	3
Protein (g)	58	11
Salt (g)	2.99	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **13**) Gluten

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.

Contact

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1. Prep Time

Pop a large saucepan of **water** onto boil over high heat. We'll use it to cook the rigatoni later. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Heat a splash of **oil** in a frying pan over medium-high heat.



4. Cook the Pasta

Meanwhile, add the **rigatoni** to the boiling **water** along with ½ tsp of **salt**. Cook for 12 mins. Drain into a colander when ready, then return to the pan off the heat. Stir in a drizzle of **oil** to stop it sticking together. Preheat your grill to its highest setting.



2. Cook the Chicken

When the **oil** is hot, add the **diced chicken** and **bacon lardons**. Season with **salt** and **pepper**. Brown the **chicken** and **bacon lardons** on all sides, turning frequently. This will take around 6-8 mins. Once browned, stir in the **garlic**, **Cajun spice** (don't use it all if you're not a fan of spice!) and **tomato purée**. Cook for one minute.



5. Mix it Up

Once the **sauce** is cooked, pour the **sauce** into the pan with the **rigatoni**. Add **half** the **parsley** and stir well. Season to taste with **salt** and **pepper**. Transfer the **pasta** and **sauce** to an ovenproof dish and sprinkle on the **hard Italian cheese**. Pop under the grill.



3. Simmer the Sauce

Stir in the **chopped tomatoes**, **water** (see ingredients for amount) and **chicken stock powder**. Bring to a boil. Lower the heat to a simmer and cook until the **chicken** is cooked through and the **sauce** is thick and tomatoey, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



6. Serve

Grill until the **cheese** is golden and bubbly, 2-3 mins, then get ready to serve. Share between your bowls and finish with a sprinkle of remaining **parsley**.

Enjoy!