



Chicken Pasta Bake with Courgette & Pepper

Classic Eat Me Early • 45 Minutes • Little Spice • 1.5 of your 5 a day

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Courgette



Bell Pepper



Flat Leaf Parsley



Diced Chicken Thigh



Dried Oregano Leaves



Chicken Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



Tomato Purée



Rigatoni



Crème Fraîche



Grated Hard Italian Style Cheese



Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Chopping Board, Sharp Knife, Frying Pan, Measuring Jug, Colander and Ovenproof Dish.

Ingredients

	2P	3P	4P
Courgette**	1	1	2
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
Bacon Lardons**	90g	120g	180g
Dried Oregano Leaves	1 small pot	1 large pot	2 small pots
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Stock*	75ml	100ml	150ml
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Tomato Purée	1 sachet	1 sachet	1 sachet
Rigatoni 13	200g	300g	400g
Crème Fraîche 7)**	100g	150g	200g
Grated Italian Style Hard Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3671 / 877	576 / 138
Fat (g)	34	5
Sat. Fat (g)	14	2
Carbohydrate (g)	99	16
Sugars (g)	21	3
Protein (g)	49	8
Salt (g)	2.16	0.34
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	4090 / 977	605 / 145
Fat (g)	41	6
Sat. Fat (g)	16	2
Carbohydrate (g)	99	15
Sugars (g)	21	3
Protein (g)	57	8
Salt (g)	3.38	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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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Prep the Veggies

Preheat your oven to 200°C and put your kettle on to boil. Trim the **courgette** and quarter lengthways. Chop widthways into small chunks. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **parsley** (stalks and all).



Brown the Chicken

Heat a drizzle of **oil** in a frying pan over medium-high heat. When hot, add the **chicken pieces**, **pepper**, **dried oregano** and season with **salt** and **pepper**. Brown the **chicken** on all sides, about 4-5 mins. Meanwhile, in a measuring jug, dissolve the **chicken stock powder** in the **boiling water** (see ingredients for amount). Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the pasta.

**CUSTOM RECIPE**

If you've decided to add **bacon** to your meal. Add it to the pan when you add the **chicken**, **pepper** and **dried oregano**. Continue with the step and the rest of the recipe as instructed.



Cook the Pasta

Meanwhile, add the **pasta** to the pan of boiling **water** and cook until tender, 12 mins. When the **pasta** is cooked, drain in a colander and return to the pan. Mix in the **crème fraîche** and season with **salt** and **pepper**.



Assemble and Bake

Add **half** the **parsley** to the **chicken** and **veggies** and stir through. Transfer the **mixture** to an ovenproof dish and top with the **creamy pasta**. Cover with the **hard Italian style cheese** and pop on the top shelf of your oven. Bake until the top is golden and a little crunchy at the edges, 10-12 mins.



Simmer the Sauce

Pour the **chicken stock** and **finely chopped tomatoes with garlic and onion** into the pan with the **chicken**. Stir in the **tomato purée** and **courgette**. Bring to the boil, then reduce the heat to medium until the **mixture** is simmering away. Cook until the **sauce** is thick and tomatoey and the **veggies** are soft, stirring occasionally, about 12-15 mins. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



Dish Up

Serve the **chicken pasta bake** in bowls and finish with a sprinkling of the remaining **parsley**.

Enjoy!