



CHICKEN PASTA BAKE

with Courgette and Red Pepper



HELLO OREGANO

Oregano became popular in the USA after the Second World War when American soldiers returned home from the battle fields in Italy.



Courgette



Red Pepper



Flat Leaf Parsley



Diced Chicken Thigh



Dried Oregano



Chicken Stock Powder



Finely Chopped Tomatoes with Onion



Tomato Purée



Wheat Rigatoni



Half Fat Crème Fraîche



Italian Style Grated Hard Cheese

45 mins

2 of your 5 a day

Warm and comforting, our delicious tomatoey chicken wheat pasta bake makes a brilliant quick fix dinner. Packed with hidden veggies, bursting with fresh Italian-inspired flavours and with a crispy golden topping, it's hard to think of a reason why you wouldn't fall head over heels for this dish.

MEAL BAG

6

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan, Measuring Jug, Large Saucepan, Colander** and **Ovenproof Dish**. Now, let's get cooking!



1 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** then remove the core and seeds. Slice into thin strips. Roughly chop the **parsley** (stalks and all).



2 BROWN THE CHICKEN

Heat a splash of **oil** in a large frying pan over medium-high heat. Add the **diced chicken, dried oregano** and a pinch of **salt** and **pepper**. Brown on all sides, about 4-5 mins. In the meantime, in a measuring jug, dissolve the **stock powder** in the boiling **water** (see ingredients for amount). Put a large saucepan of **water** with a pinch of **salt** on to boil for the wheat pasta.



3 SIMMER THE SAUCE

Pour the **stock** and **finely chopped tomatoes** into the pan of **chicken** and stir in the **tomato purée, pepper** 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.



4 COOK THE WHEAT PASTA

Meanwhile, pop the **wheat rigatoni** into the pan of **boiling water** and cook for 12 mins. When the **wheat pasta** is cooked, drain in a colander and return to the pan. Mix in the **crème fraîche** and season with a another pinch of **salt** and some **pepper**.



5 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 **wheat pasta**. Cover with the **cheese** and pop on the top shelf of your oven. Bake until the top is golden and a little crunchy at the edges, 10 mins.



6 DISH UP!

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

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Courgette *	1	2	2
Red Pepper *	1	1	1
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh *	210g	280g	420g
Dried Oregano	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water*	75ml	100ml	150ml
Finely Chopped Tomatoes with Onion	½ carton	¾ carton	1 carton
Tomato Purée	1 sachet	1 sachet	1 sachet
Wheat Rigatoni 13)	200g	300g	400g
Half Fat Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Italian style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 630G	PER 100G
Energy (kJ/kcal)	3471 / 830	551 / 132
Fat (g)	24	4
Sat. Fat (g)	12	2
Carbohydrate (g)	94	15
Sugars (g)	21	3
Protein (g)	56	9
Salt (g)	1.83	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

Wheat Rigatoni. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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