



Chicken Pasta Bake

with Courgette & Red Pepper

N° 9

FAMILY Hands-on Time: 15 Minutes • Total Time: 45 Minutes • 1.5 of your 5 a day



Courgette



Red Pepper



Flat Leaf Parsley



Diced Chicken Thigh



Dried Oregano



Chicken Stock Powder



Whole Peeled Tomatoes



Tomato Purée



Rigatoni



Crème Fraîche



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools you will need:

Large Frying Pan, Measuring Jug, Large Saucepan, Colander and Ovenproof Dish.

Ingredients

	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	350g	420g
Dried Oregano	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Stock*	75ml	100ml	150ml
Whole Peeled Tomatoes	½ tin	¾ tin	1 tin
Tomato Purée	1 sachet	1 sachet	1 sachet
Rigatoni 13)	200g	300g	400g
Crème Fraîche 7)**	100g	150g	200g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	535g	100g
Energy (kJ/kcal)	3464 /828	648 /155
Fat (g)	34	6
Sat. Fat (g)	15	3
Carbohydrate (g)	90	17
Sugars (g)	16	3
Protein (g)	48	9
Salt (g)	1.32	0.25

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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Packed in the UK



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



4. 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**.



2. Start the Sauce

Heat a drizzle of **oil** in a frying pan over medium-high heat. When hot, add the **chicken pieces**, **red 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**.



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 **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.



3. Simmer the Sauce

Pour the **chicken stock** and **whole peeled tomatoes** into the pan with the **chicken**. Use a spoon to break up the **tomatoes**, then 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.



6. Dish Up!

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

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.