

Chicken Pasta Bake

with Courgette & Red Pepper

CLASSIC 45 Minutes • 1.5 of your 5 a day







Courgette





Flat Leaf Parsley



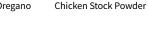




Dried Oregano



Diced Chicken Thighs





Finely Chopped Tomatoes with Garlic & Onion



Tomato Purée







Crème Fraîche



Hard Italian Style Grated Cheese



≅ Chorizo



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

Basic cooking tools you will need:

Frying Pan, Measuring Jug, Large Saucepan 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
EChorizo 7)	90g	120g	180g
Diced Chicken Thighs**	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
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Tomato Purée	1 sachet	1 sachets	1 sachet
Rigatoni 13)	200	300	400
Crème Fraîche 7)**	100g	150g	200g
Hard Italian Style Cheese 7) 8) **	1 pack	1½ packs	2 packs
*Not Included ** Store in the Fridge			

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

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	Per serving	Per 100g
for uncooked ingredients	632g	100g
Energy (kJ/kcal)	3634 /869	575/138
Fat (g)	34	5
Sat. Fat (g)	15	2
Carbohydrate (g)	97	15
Sugars (g)	21	3
Protein (g)	49	8
Salt (g)	2.20	0.35
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredients	Per serving 677g	Per 100g 100g
for uncooked ingredients	677g	100g
for uncooked ingredients Energy (kJ/kcal)	677g 4462 /1067	100g 659 /158
for uncooked ingredients Energy (kJ/kcal) Fat (g)	677g 4462/1067 50	100g 659 /158 7
for uncooked ingredients Energy (kJ/kcal) Fat (g) Sat. Fat (g)	677g 4462/1067 50 21	100g 659/158 7 3
for uncooked ingredients Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	677g 4462/1067 50 21 98	100g 659/158 7 3 15

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.

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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).



2. Brown the Chicken

Heat a drizzle of oil in a frying pan over mediumhigh 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.



CUSTOM RECIPE

If you've added **chorizo** to your meal, add to the pan before you add the **chicken**, **peppers** etc. Fry until the **chorizo** is golden, 2-3 mins, then remove from the pan using a slotted spoon. Add a drizzle of **oil** if the pan is dry then add the **chicken**, **pepper** and **oregano** - continue with the recipe.



3. 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.



CUSTOM RECIPE

Add the cooked **chorizo** back into the pan when you add the **tomato puree** and **courgette**.



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**.



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.



6. Dish Up!

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

Enjoy!