



Chicken Pasta Bake

with Courgette & Red Pepper

CLASSIC 45 Minutes • 1.5 of your 5 a day



Courgette



Red Pepper



Flat Leaf Parsley



Diced Chicken Thighs



Dried Oregano



Chicken Stock Powder



Finely Chopped Tomatoes with Garlic & Onion



Tomato Purée



Rigatoni



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
 Chorizo 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

	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
for uncooked ingredients	677g	100g
Energy (kJ/kcal)	4462/1067	659/158
Fat (g)	50	7
Sat. Fat (g)	21	3
Carbohydrate (g)	98	15
Sugars (g)	21	3
Protein (g)	60	9
Salt (g)	4.78	0.71

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 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**.



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!