



Chicken Rigatoni

with Crème Fraîche and Tarragon



HELLO TARRAGON

This herb's name comes from the Persian word 'turkhum' meaning 'little dragon' because of its snake-like roots.



Onion



Leek



Courgette



Garlic Clove



Tarragon



Chicken Breast



Water



Chicken Stock Pot



Rigatoni



Crème Fraîche



Lemon

30 mins

3 of your 5 a day

Our recipes are rigorously tested here at the Fresh Farm but André knows he's onto a particular winner when his kids give something the double thumbs up. There are plenty of appreciative noises around the table when he dishes this one up and we can see why. Comforting pasta, tender chicken and a delicious creamy sauce with just the right amount of tarragon. We're sure you'll give it the thumbs up too. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Put a **Large Saucepan** of water with a pinch of salt on to boil for the pasta. Make sure you've also got a **Fine Grater** (or **Garlic Press**), **Frying Pan** (with a **Lid**), **Measuring Jug** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and thinly slice the **onion** into half moons. Remove the root and dark green tops from the **leek** and cut into ½cm slices. Remove the top and bottom from the **courgette**, halve lengthways and chop into 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



2 COOK THE CHICKEN

Chop the **chicken breasts** into 2cm pieces. Be sure to wash your hands afterwards! Put a large frying pan on high heat with a drizzle of **oil**. When hot, add the **chicken** and season it with a pinch of **salt** and a grind of **black pepper**. Cook until brown all over, then remove from the pan and set aside.

★ **TIP:** Do this in batches if necessary, so as to not overcrowd the pan and stew the chicken.



3 ADD THE VEGGIES

Reduce the heat to medium and add the **onion, leek** and **courgette** to your (now empty) pan. Cook until they begin to soften, 4 mins. Add the **garlic** and cook for 1 minute more. Return the **chicken** to the pan. Pour in the **water** (amount specified in the ingredient list) and add the **chicken stock pot**. Stir to dissolve then bring to the boil.



4 SIMMER THE SAUCE

Reduce the heat to low and half cover the pan with a lid (or use some foil). Simmer until reduced by half, about 10 mins. ★ **TIP:** Take the lid off after 5 mins if there is too much liquid in the pan.



5 COOK THE PASTA

Pop the **rigatoni** in your pan of boiling water. Cook until 'al dente', 10 mins. ★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Drain in a colander and return to the pan off the heat. Season with a pinch of **salt** and a good grind of **black pepper**.



6 COMBINE AND SERVE

When the **chicken** is done, spoon in the **crème fraîche** and warm it through. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle. Add the **tarragon** and a squeeze of **lemon juice** together with your drained **rigatoni**. Taste and add more **salt** and **black pepper** if you feel it needs it, then serve in deep bowls and bask in the appreciation. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, sliced	1
Leek, sliced	1
Courgette, chopped	1
Garlic Clove, grated	1
Tarragon, chopped	½ bunch
Chicken Breast, chopped	2
Water*	100ml
Chicken Stock Pot	1
Rigatoni 1)	200g
Crème Fraîche 7)	1 small pot
Lemon	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	775	122
(kJ)	3262	514
Fat (g)	21	3
Sat. Fat (g)	12	2
Carbohydrate (g)	85	13
Sugars (g)	17	3
Protein (g)	59	9
Salt (g)	2.6	0.40

ALLERGENS

1)Gluten 7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

