



# Chicken Rigatoni

with Crème Fraîche & Tarragon

N° 9

**FAMILY** Hands On Time: 15 Minutes • Total Time: 30 Minutes • 2.5 of your 5 a day



Onion



Leek



Courgette



Garlic Clove



Tarragon



Diced Chicken Breast



Chicken Stock Powder



Rigatoni



Crème Fraîche



Lemon

## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug and Colander.

### Ingredients

|                           | 2P       | 3P        | 4P        |
|---------------------------|----------|-----------|-----------|
| Onion**                   | 1        | 1         | 2         |
| Leek**                    | 1        | 2         | 2         |
| Courgette**               | 1        | 1         | 2         |
| Garlic Clove**            | 1 clove  | 1 clove   | 2 cloves  |
| Tarragon**                | ½ bunch  | ¾ bunch   | 1 bunch   |
| Diced Chicken Breast**    | 280g     | 420g      | 560g      |
| Water for the Sauce*      | 100ml    | 150ml     | 200ml     |
| Chicken Stock Powder      | 1 sachet | 2 sachets | 2 sachets |
| Rigatoni <b>13</b>        | 200g     | 300g      | 400g      |
| Crème Fraîche <b>7</b> ** | 150g     | 225g      | 300g      |
| Lemon**                   | ½        | ¾         | 1         |

\*Not Included \*\* Store in the Fridge

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 616g        | 100g     |
| Energy (kJ/kcal)         | 3362 /804   | 546 /130 |
| Fat (g)                  | 27          | 4        |
| Sat. Fat (g)             | 11          | 2        |
| Carbohydrate (g)         | 95          | 15       |
| Sugars (g)               | 18          | 3        |
| Protein (g)              | 55          | 9        |
| Salt (g)                 | 0.98        | 0.16     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk **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

Halve, peel and thinly slice the **onion**. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



## 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.**

**IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



## 2. Cook the Chicken

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **pasta**. Heat a drizzle of **oil** in a frying pan on high heat. Add the **chicken** and cook until brown all over, 7-8 mins. Season with **salt** and **pepper**. Remove from the pan and set aside. **TIP: Do this in batches if necessary, you want the chicken to brown not stew.**



## 5. Cook the Pasta

Meanwhile, pop the **rigatoni** in your pan of boiling **water**. Cook for 12 mins. Drain in a colander and return to the pan off the heat. Drizzle with **oil** and stir through to stop it sticking together.



## 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, 4-5 mins. Add the **garlic** and cook for 1 minute more. Return the **chicken** to the pan. Pour in the **water** (see ingredients for amount) and add the **stock powder**. Stir to dissolve, then bring to the boil.



## 6. Combine and Serve

Stir the **crème fraîche** through the **chicken**. Add a squeeze of **lemon juice** and the **tarragon** to taste, together with the drained **pasta**. Season to taste with **salt** and **pepper** if needed, then serve in deep bowls.

**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.