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## Creamy Chicken and Sun-Dried Tomato Pasta Bake with Buttery Garlic Kalettes

Hiding veggies in a pasta bake is an age old trick to get children to eat more of them. The cute little green bunches used in this recipe are kalettes. These are not the easiest to hide, but they are so adorable looking and taste so delicious you should have no problems getting your kids to love them!



45 mins



1.5 of your 5 a day



family box



Chicken Breast (3)



Leek, (2)



Garlic Clove (2)



Basil (2 bunches)



Sun-Dried Tomatoes (40g)



Fusilli Pasta (400g)



Crème Fraîche (1 pot)



Chicken Stock Pot (1)



Kalettes (180g)



Water (200ml)



Panko Breadcrumbs (30g)



Hard Italian Cheese (40g)



Poppy Seeds (15g)



Olive Oil (3 tbsp)



Netherend Butter (30g)


## 4 PEOPLE INGREDIENTS

- Chicken Breast **3**
- Leek, sliced **2**
- Garlic Clove, grated **2**
- Basil, chopped **2 bunches**
- Sun-Dried Tomatoes, chopped **40g**
- Fusilli Pasta **400g**
- Crème Fraîche **1 pot**
- Chicken Stock Pot **1**
- Water **200ml**
- Kalettes, halved **180g**
- Panko Breadcrumbs **30g**
- Hard Italian Cheese **40g**
- Poppy Seeds **15g**
- Olive Oil **3 tbsp**
- Netherend Butter **30g**

**Allergens:** Milk, Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	889 kcal / 3732 kJ	37 g	18 g	85 g	10 g	53 g	3 g
<b>Per 100g</b>	170 kcal / 712 kJ	7 g	4 g	16 g	2 g	10 g	0 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Poppy seeds are so tiny, it takes 3,300 of them to make up a gram, and between 1 and 2 million seeds to make up a pound!

**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

2

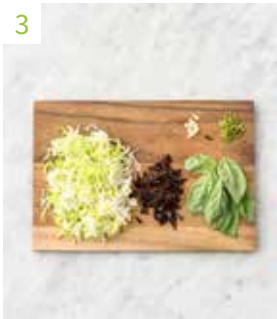


**1** Pop a large pot of water on to boil with a pinch of **salt**. Chop the **chicken** into 2cm chunks.

**2** Put a frying pan on medium heat with a drizzle of **oil**. Once the pan gets hot, add your **chicken** along with a pinch of **salt** and a grind of **black pepper**. Cook for 6-8 mins until your **chicken** is nicely browned.

**3** Cut off the root and leafy part from the **leek**. Cut in half lengthways, then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Separate the **basil leaves** and **stalks** and finely chop the **stalks** and tear the **leaves** in half. Chop the **sun-dried tomatoes** into small ½cm pieces.

3



**4** Once your **chicken** is nicely browned, add your **leek** and **sun-dried tomatoes**. Cook for another 5 mins, then add your **basil stalks** and half your **garlic**. Cook for 1 minute more. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

**5** Meanwhile, pop the **fusilli** into the boiling water (you don't need the whole pack - see ingredient list for how much you need) and cook for 9 mins or until 'al dente'. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - if it's not quite there yet, just cook for a little longer.* Once cooked, drain your **pasta**.

7



**6** Add the **crème fraîche**, **chicken stock pot** and **water** (amount specified in the ingredient list) to your **leek mixture**. Stir well to dissolve your **stock pot**, bring to a gentle simmer and cook for 5 mins. While your sauce is cooking, chop any tough bottom from the root end of the **kalettes** (just like you would with brussels sprouts!) and then cut in half.

**7** Once drained, pop your **pasta** into an ovenproof dish. Add your **sauce** and stir together. Mix the **panko breadcrumbs**, **hard Italian cheese** and **poppy seeds** with the **olive oil** (amount specified in the ingredient list) and a good grind of **black pepper**, and sprinkle this over your **pasta**.

9



**8** Preheat your grill to high and pop your dish under for 4-5 mins or until the topping is golden brown.

**9** Meanwhile, wash your frying pan and put it on medium heat with the butter. Once your **butter** has melted, add your **kalettes** along with a splash of **water** and a grind of **black pepper**. Cook for 5-6 mins, then add your remaining **garlic** and cook for a further minute.

**10** Serve your **pasta bake** in bowls with your **kalettes** and **basil** on top. Enjoy!

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