



# Creamy Chicken Pasta Bake with Peppers and Cheese

Classic Eat Me Early • 45 Minutes • Mild Spice • 1 of your 5 a day



Bell Pepper



Flat Leaf Parsley



Diced Chicken Thigh



Chicken Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Rigatoni Pasta



Creme Fraiche



Grated Hard Italian Style Cheese



Diced Chicken Breast



### 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

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

## Cooking tools, you will need:

Kettle, Frying Pan, Saucepan, Colander and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Tomato Puree	1 sachet	1 sachet	1 sachet
Rigatoni Pasta <b>13</b>	180g	270g	360g
Crema Fraiche** <b>7</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	65g	80g
 Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>498g</b>	<b>100g</b>
Energy (kJ/kcal)	3520 /841	708 /169
Fat (g)	40	8
Sat. Fat (g)	17	3
Carbohydrate (g)	84	17
Sugars (g)	16	3
Protein (g)	45	9
Salt (g)	2.36	0.48
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>533g</b>	<b>100g</b>
Energy (kJ/kcal)	3448 /824	648 /155
Fat (g)	32	6
Sat. Fat (g)	15	3
Carbohydrate (g)	84	16
Sugars (g)	16	3
Protein (g)	57	11
Salt (g)	2.50	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).


Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## 1 Prep the Veggies

Preheat your oven to 200°C and put your kettle on to boil.

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 on medium-high heat. When hot, add the **chicken** and **pepper**, then season with **salt** and **pepper**.

Cook until the **chicken** is browned all over, 5-6 mins. Turn occasionally.

Meanwhile, put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**.

 **CUSTOM RECIPE**  
If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



## 3 Simmer the Sauce

Pour in the **boiling water for the sauce** (see ingredients for amount) and add the **chicken stock paste** and **finely chopped tomatoes** (see ingredients for amount) into the pan with the **chicken**.

Stir in the **tomato puree**, bring to the boil, then reduce the heat to medium until the **sauce** is simmering away.

Cook until the **sauce** has thickened and the **veggies** are soft, stirring occasionally, about 12-15 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## 4 Cook the Pasta

Meanwhile, add the **pasta** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

When the **pasta** is cooked, drain in a colander and return to the pan.

Mix in the **crema fraiche** and season with **salt** and **pepper**.



## 5 Assemble and Bake

Add **half** the **parsley** to the **chicken** and **veggies** and stir through.

Transfer 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 Serve

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

## 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.