



Creamy Chicken Pasta Bake with Peppers and Cheese

Classic Eat Me Early • 40-45 Minutes • Mild Spice • 2 of your 5 a day

1



Bell Pepper



Flat Leaf Parsley



Diced Chicken Thigh



Chicken Stock Paste



Tomato Passata



Dried Oregano



Rigatoni Pasta



Creme Fraiche



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items
Water

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!
Wash your hands before and after prep.

Cooking tools

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
Tomato Passata	1 carton	2 cartons	2 cartons
Dried Oregano	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13	180g	270g	360g
Crema Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	80g	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
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	3656/874	753/180
Fat (g)	42	9
Sat. Fat (g)	22	4
Carbohydrate (g)	79	16
Sugars (g)	13	3
Protein (g)	44	9
Salt (g)	1.82	0.38

	Per serving	Per 100g
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	521g	100g
Energy (kJ/kcal)	3584/857	689/165
Fat (g)	34	7
Sat. Fat (g)	20	4
Carbohydrate (g)	79	15
Sugars (g)	13	3
Protein (g)	57	11
Salt (g)	1.96	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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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).



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 and the **pepper** is softened, 5-6 mins. Turn occasionally. Meanwhile, put a large saucepan of **water** on to boil with $\frac{1}{2}$ **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.



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 **creme fraiche** and season with **salt** and **pepper**.



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 crispy at the edges, 10-12 mins.



Simmer the Sauce

Pour in the **boiling water for the sauce** (see ingredients for amount) and add the **chicken stock paste** and **passata** into the pan with the **chicken**. Stir in the **dried oregano**, bring to the boil, then reduce the heat to medium until the **sauce** is simmering. Cook until the **sauce** has thickened and the **chicken** is cooked, stirring occasionally, about 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Serve

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

Enjoy!