



CREAMY CHICKEN LINGUINE

with Roasted Broccoli



HELLO ONION

Onions were worshiped by ancient Egyptians who believed they possessed healing powers!



Streaky Bacon Rashers



Onion



Flat Leaf Parsley



Broccoli Florets



Diced Chicken Thigh



Linguine



Chicken Stock Powder



Crème Fraîche



Italian Style Grated Hard Cheese

Some people prefer chicken breast, but at HelloFresh, we're 'Team Thigh'. Not only are they juicier, but they are also packed with more flavour than your standard breast due to their high fat content, making this linguine the ultimate taste sensation. The trick to this recipe is to use a big pan. This gives the meat plenty of room to fry, so the chicken can turn a nice golden colour.

Hands on: **10 mins**
Total: **35 mins**

1 of your
5 a day

4 Family Box

MEAL BAG

19

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Large Frying Pan, Baking Tray, Colander** and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Put a large saucepan of water on to boil with a pinch of salt for the pasta. Chop the **bacon** into 1cm wide strips (you can use scissors!). Halve the **onion** through the root, peel then slice into thin half moons. Finely chop the **parsley**.



2 FRY THE BACON

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **bacon** and cook until crispy, stirring occasionally, 5 mins. While the **bacon** cooks, spread the **broccoli florets** on a baking tray and drizzle with **oil**, a pinch of **salt** and **black pepper**. Set aside.



3 ADD THE CHICKEN

Once the **bacon** is cooked, add the **chicken** to the pan (pop it back on medium-high heat) and season with a pinch of **salt** and **black pepper**. Cook until lightly browned, 5 mins. **★ TIP:** *You may need to do this in batches - you want the chicken to brown, not stew.* Add the **onion** and cook, stirring, until soft, 5 mins. If the **onion** browns, that's fine, it will just add to the flavour!



4 COOK THE PASTA

Roast the **broccoli** on the top shelf of your oven until crispy, 12-15 mins, shaking the tray halfway through cooking. At the same time, add the **linguine** to your pan of boiling water and cook, 11-12 mins. Once cooked, drain in a colander and return it to the pan (off the heat). Drizzle with a little **olive oil** to stop the **pasta** sticking together.



5 MAKE THE SAUCE

Add the **water** (see ingredients for amount) and **stock powder** to the **chicken mixture**. Stir to dissolve the **stock** and then bubble away for 5 mins. Stir to make sure you get all the yummy meaty bits from the bottom of the pan. Add the **crème fraîche** to the pan, mix well in and bring back to the boil. Simmer for 1-2 mins, then remove the pan from the heat. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



6 FINISH AND SERVE

Add the drained **pasta** to the **sauce** along with **half** the **cheese**. Toss it together (or just stir!). Season with a good pinch of **salt** and **black pepper**. Serve the **chicken linguine** in bowls with the **roasted broccoli** on top. Sprinkle over the remaining **cheese** and **parsley** - or not, if the kids aren't keen! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Streaky Bacon Rashers	4	5	6
Onion	½	¾	1
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Broccoli Florets	1 small pack	1 medium pack	1 large pack
Diced Chicken Thigh	280g	420g	560g
Linguine (13)	200g	300g	400g
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ pot	1 pot	1 pot
Crème Fraîche (7)	1 small pot	1 large pot	1 large pot
Italian Style Grated Hard Cheese (7) (8)	1 pack	1 pack	2 packs

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 534G	PER 100G
Energy (kcal)	945	177
(kJ)	3952	740
Fat (g)	40	8
Sat. Fat (g)	17	3
Carbohydrate (g)	78	15
Sugars (g)	9	2
Protein (g)	71	13
Salt (g)	1.78	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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