



CREAMY CHICKEN PASTA BAKE

with Roasted Broccoli



HELLO ONION

Onions were worshipped by Ancient Egyptians who believed they possessed healing powers!



Diced Chicken Thigh



Onion



Tarragon



Wheat Penne



Chicken Stock Powder



Crème Fraîche



Italian Style Grated Hard Cheese



Broccoli

MEAL BAG

35 mins

1.5 of your 5 a day

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 wheat pasta bake 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 thighs can turn a nice golden colour.

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, Measuring Jug** and **ovenproof dish**. Now, let's get cooking!



1 PREP TIME!

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of salt on to boil for the wheat pasta. Chop the **broccoli** into florets (like small trees!). Halve and peel the **onion**, then thinly slice. Pick the **tarragon** leaves from their stalk and roughly chop (discard the stalks).



2 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **chicken** to the pan and season with a pinch of **salt** and **pepper**. Cook until lightly browned all over, turning occasionally, 5 mins. **★ TIP:** You may need to do this in batches - you want the chicken to brown, not stew. Add the **onion** and continue to cook, stirring, until soft, 5 mins. Don't worry if the **onion** browns, it will just add to the flavour!



3 ROAST THE BROCCOLI

Meanwhile, spread the **broccoli florets** on a baking tray and drizzle with **oil** and a pinch of **salt** and **pepper**. Pop onto the top shelf of your oven and roast until crispy and cooked though, 12-15 mins. Once the **broccoli** is out of the oven, turn your grill on to high.



4 COOK WHEAT PASTA

At the same time, add the **wheat pasta** to your pan of boiling **water** and cook for 10 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 **wheat pasta** sticking together.



5 MAKE THE SAUCE

Once the **onion** has softened, add the **water** (see ingredients for amount), **stock powder** and **crème fraîche** to the pan. Stir and bring to the boil. Lower the heat slightly and simmer until the **chicken** is cooked and **sauce** has thickened slightly, 5-7 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle!



6 FINISH AND SERVE

Pop the **broccoli, wheat pasta** and **tarragon** in with the **chicken** and gently mix to combine. Season to taste with **salt** and **pepper**. Transfer everything into an ovenproof dish and sprinkle over the **Italian style grated hard cheese**. Pop under the grill until the **cheese** is melted and nicely golden, 3-5 mins. Serve the **chicken wheat pasta bake** in bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Diced Chicken Thigh *	280g	420g	560g
Onion *	1	1½	2
Tarragon *	½ bunch	¾ bunch	1 bunch
Wheat Penne 13)	200g	300g	400g
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Broccoli *	1	1½	2
Water*	50ml	75ml	100ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 558G	PER 100G
Energy (kJ/kcal)	3849 / 920	690 / 165
Fat (g)	36	6
Sat. Fat (g)	15	2
Carbohydrate (g)	88	16
Sugars (g)	12	2
Protein (g)	67	12
Salt (g)	0.82	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk **8)** Egg **13)** Gluten

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 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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