



Creamy Lemon Chicken Linguine with Sugar Snap Peas

Classic 25-30 Minutes

5



Lemon



Garlic Clove



Sugar Snap Peas



Chives



Diced Chicken Thigh



Linguine



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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 veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Lemon**	½	½	1
Garlic Clove**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Chives**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	260g	390g	520g
Linguine 13	180g	270g	360g
Creme Fraiche** 7	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	25g	40g	40g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	392g / 865	100g / 221
Fat (g)	42.5	10.8
Sat. Fat (g)	21.1	5.4
Carbohydrate (g)	71.0	18.1
Sugars (g)	8.0	2.1
Protein (g)	48.6	12.4
Salt (g)	1.38	0.35

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	3303 / 789	844 / 202
Fat (g)	31.5	8.1
Sat. Fat (g)	18.3	4.7
Carbohydrate (g)	71.0	18.1
Sugars (g)	8.0	2.1
Protein (g)	54.1	13.8
Salt (g)	1.38	0.35

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing 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.

Contact

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1 Prep the Veg

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.

Halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Slice the **sugar snap peas** in half lengthways. Finely chop the **chives** (use scissors if easier).



4 Sauce Things Up

Once the **chicken** is cooked, add the **garlic** and fry for 1 min.

Stir in the **sugar snap peas**, **creme fraiche** and **chicken stock paste**. Squeeze in some **lemon juice** and add the **water for the sauce** (see pantry for amount), then stir to combine. Season with **salt** and **pepper**.

Bring to the boil, mix in **half** the **hard Italian style cheese**, then lower the heat and simmer until slightly thickened, 5-6 mins.



2 Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 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.

CUSTOM RECIPE

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



5 Combine and Stir

Once thickened, add the **cooked pasta** to the **sauce**. Toss together to coat well.

Taste and season with more **salt** and **pepper** if needed.



3 Cook the Pasta

While the **chicken** cooks, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



6 Serve

Share the **creamy chicken linguine** between your bowls.

Top with a sprinkling of **chives** and the remaining **cheese**.

Enjoy!