



CREAMY POPPY SEED & CHICKEN PASTA

with Spinach



HELLO ECHALION SHALLOT

An Echalion Shallot is a cross between a regular shallot and an onion. They have a milder taste than normal onions too!



Wheat Rigatoni Pasta



Baby Spinach



Plain Flour



Diced Chicken Breast



Echalion Shallot



Garlic Clove



Red Chilli



Poppy Seeds



Vegetable Stock Powder



Half Fat Crème Fraîche

Ready in under half an hour, our creamy poppy seed and chicken pasta is the perfect recipe for busy evenings. It's just a little different with the addition of toasted poppy seeds combined with garlic and chilli. The sauce, made with creme fraiche, is ultra-creamy and silky which pairs perfectly with the bitterness of the spinach. To finish, sprinkle over remaining chilli if you fancy yourself bit of heat!

20 mins

1 of your 5 a day

Rapid recipe

GET **PREPARED!**

Fill and boil your **kettle**.

MEAL BAG

17

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan, Colander, Frying Pan, Fine Grater** (or **Garlic Press**) and **Measuring Jug**. Let's get cooking the **Creamy Poppy Seed and Chicken Pasta with Spinach**.



1 COOK THE WHEAT PASTA

- Pour the boiling **water** from your kettle and a pinch of **salt** into a large saucepan and bring back to the boil.
- Once boiling, add the **wheat rigatoni** to the boiling **water** and simmer until tender, 12 mins. In the last 1 minute of cooking, stir in the **spinach** to the boiling **water** to wilt for 1 minute. Drain the **spinach** and **wheat pasta** in a colander, put back in the pan and drizzle with **oil** to stop it sticking together.



4 FINISH THE SAUCE

- Once browned, add the **shallot** to the **chicken** and stir fry until the **shallot** is softened, 2-3 mins.
- Add the **garlic**, a few slices of **chilli** and the **poppy seeds** and stir fry for 1 minute.
- Pour in the **water** (see ingredient list for amount) and the **vegetable stock powder**.



2 PREP THE CHICKEN

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.
- Put the **flour** in a bowl and add a pinch of **salt** and **pepper**.
- Add the **chicken** to the bowl and toss to coat.
- Once hot, add the **chicken** to the pan and stir-fry until golden all over, 5-7 mins.



5 FINISH OFF

- Bring the **mixture** to the boil, reduce the heat to medium and simmer until reduced slightly, 2-3 mins. Stir in the **creme fraiche** and bring to a simmer. **! IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Add the drained **wheat pasta** and **spinach** to the pan with the **sauce**, or add the **sauce** to the wheat pasta pan - which ever is easiest. Toss together. Warm through for a minute, then remove from the heat.



3 GET PREPPED

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic**.
- Thinly slice the **chilli**.



6 SERVE

- Taste and add **salt** and **pepper** if you feel it needs it.
- Serve in bowls, sprinkle over as much of the remaining **chilli** as you fancy.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Wheat Rigatoni Pasta (13)	200g	300g	400g
Baby Spinach *	1 bag	1 bag	1 bag
Plain Flour (13)	8g	12g	16g
Diced Chicken Breast *	280g	420g	560g
Echalion Shallot *	1	1½	2
Garlic Clove *	1	2	2
Red Chilli *	½	¾	1
Poppy Seeds	½ pot	¾ pot	1 pot
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Half Fat Crème Fraîche (7) *	¾ pouch	1 pouch	1½ pouches

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 405G	PER 100G
Energy (kJ/kcal)	2889 / 691	714 / 171
Fat (g)	15	4
Sat. Fat (g)	8	2
Carbohydrate (g)	84	21
Sugars (g)	7	2
Protein (g)	52	13
Salt (g)	1.01	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 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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