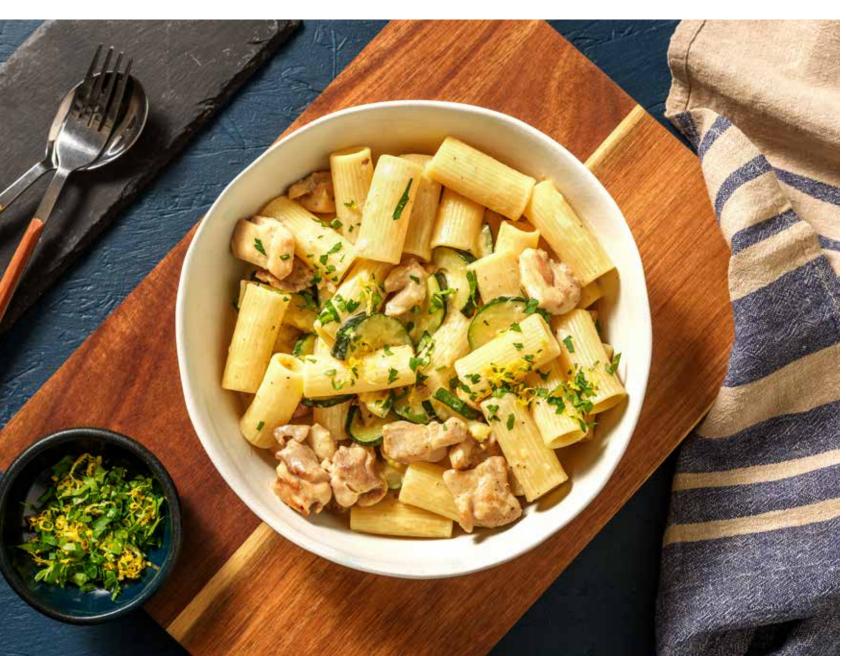


# Creamy Zesty Chicken Rigatoni

with Courgette and Parsley

Rapid Eat Me Early 20 Minutes • 1 of your 5 a day







Rigatoni Pasta



Courgette



Flat Leaf Parsley







Lemon

Garlic Clove





Chicken Stock Paste



Creme Fraiche

## Before you start

Our fruit and veggies need a little wash before you

## Cooking tools, you will need:

Kettle, Saucepan, Colander, Garlic Press, Frying Pan, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1/2	1	1
Garlic Clove	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	150g	225g	300g

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	3303 /789	721 /172
Fat (g)	37	8
Sat. Fat (g)	15	3
Carbohydrate (g)	77	17
Sugars (g)	12	3
Protein (g)	45	10
Salt (g)	1.15	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Cook the Pasta

- a) Fill and boil your kettle, then pour the water into a large saucepan on high heat with ½ tsp of salt.
- b) Bring back up to the boil, then stir in the rigatoni and cook for 12 mins.
- c) Drain in a colander, pop back in the pan, drizzle with a little oil and stir through to stop it sticking together. Leave to the side.



# Prep the Veg

- a) Meanwhile, trim the courgette, halve lengthways and slice into 1cm half moons.
- **b)** Roughly chop the **parsley** (stalks and all).
- c) Zest and halve the lemon, then peel and grate the garlic (or use a garlic press).



# **Fry Time**

- a) Heat a drizzle of oil in a large frying pan on high heat. Add the chicken. Season with salt and pepper, cook until the chicken is browned, 5-6 mins. **IMPORTANT**: Wash your hands after handling chicken and its packaging.
- **b)** Add the **courgette** and cook until it starts to brown, 3-4 mins.
- c) Add the garlic and cook for another 1 min.



## Mix it Up

- a) Reduce the heat and add the water (see ingredients for amount) and chicken stock paste to the pan.
- **b)** Stir in the **creme fraiche**, bring to a simmer and cook until the **sauce** has thickened slightly and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- c) Meanwhile, mix together the lemon zest and parsley in a small bowl.



## **Finish**

- a) Once the chicken is cooked, remove the pan with the sauce from the heat.
- b) Taste and season with salt and pepper if needed and add a splash of water if the sauce is a bit thick.



#### Serve

- a) Stir the drained pasta into the sauce.
- b) Season with a squeeze of lemon juice to taste.
- c) Mix well, then serve in bowls topped with the lemon zest and parsley mix.

## Enjoy!

#### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.