



# Creamy Zesty Chicken Rigatoni with Courgette and Parsley

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N° 10



Rigatoni Pasta



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Diced Chicken Thigh



Chicken Stock Paste



Creme Fraiche

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13</b>	180g	270g	360g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	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 <b>7)</b> **	150g	225g	300g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>458g</b>	<b>100g</b>
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.