



Layered Creamy Chicken Pasta Bake with Tomato Sauce, Courgette and Cheese

36

Customer Favourites 40-45 Minutes • Mild Spice • 2 of your 5 a day



Courgette



Flat Leaf Parsley



Diced Chicken Thigh



Chicken Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Dried Oregano



Rigatoni Pasta



Creme Fraiche



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools

Kettle, frying pan, saucepan, colander and ovenproof dish.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Dried Oregano	1 sachet	1 sachet	2 sachets
Penne Pasta 13	180g	270g	360g
Crema Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	3650 /872	719 /172
Fat (g)	41.6	8.2
Sat. Fat (g)	21.7	4.3
Carbohydrate (g)	77.1	15.2
Sugars (g)	13.0	2.6
Protein (g)	45.0	8.9
Salt (g)	2.34	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep the Veggies

Preheat your oven to 200°C and put your kettle on to boil.

Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

Roughly chop the **parsley** (stalks and all).



Brown the Chicken

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

When hot, add the **chicken**, season with **salt** and **pepper** and cook until browned all over and the **pepper** is softened, 5-6 mins. Turn occasionally, then add the **courgette** and cook for a further 2 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Meanwhile, put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**.



Cook the Pasta

Meanwhile, add the **pasta** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

When the **pasta** is cooked, drain in a colander and return to the pan. Mix in the **crema fraiche** and season with **salt** and **pepper**.



Assemble and Bake

Add **half** the **parsley** to the **chicken** and **veg** and stir through.

Transfer to an ovenproof dish and top with the **creamy pasta**. Cover with the **hard Italian style cheese**.

Bake on the top shelf of your oven until the top is golden and a little crispy at the edges, 10-12 mins.



Simmer the Sauce

Pour the **boiling water for the sauce** (see ingredients for amount) and add the **chicken stock paste** and **finely chopped tomatoes** (see ingredients for amount) into the pan with the **chicken**.

Stir in the **dried oregano**, bring to the boil, then reduce the heat to medium until the **sauce** is simmering.

Cook until the **sauce** has thickened and the **veg** is soft, stirring occasionally, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

Serve the **chicken pasta bake** in bowls and finish with a sprinkling of the remaining **parsley**.

Enjoy!