HELLO FRESH

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

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

Bell Pepper

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

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
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
Rigatoni Pasta 13)	180g	270g	360g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

Pantry	2P	3P	4P
Boiled Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	483g	100g
Energy (kJ/kcal)	3464 /828	717 /171
Fat (g)	39.9	8.3
Sat. Fat (g)	17.3	3.6
Carbohydrate (g)	81.4	16.8
Sugars (g)	13.8	2.9
Protein (g)	44.2	9.2
Salt (g)	2.35	0.49

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

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1

Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Fill and boil your kettle.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

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

2

Brown the Chicken

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

When hot, add the **chicken** and **pepper**, season with **salt** and **pepper** and cook until the **chicken** is browned all over, 5-6 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**.

3

Simmer the Sauce

Add the **chicken stock paste**, **finely chopped tomatoes** and **boiled water for the sauce** (see ingredients for both amounts) to the **chicken** and **pepper**.

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.*

4

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 **creme fraiche** and season with **salt** and **pepper**.

5

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.

6

Serve

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

Enjoy!