

Lemon & Rosemary Chicken

with Creamy Pasta and Broccoli





HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!





Rosemary





Chicken Breast

Chicken Stock Pot







Broccoli Florets





Baby Spinach

Wholegrain Mustard



Crème Fraîche

Hard Italian Cheese

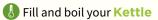
20 mins





Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food.





BEFORE YOU

🚯 Fill and boil your Kettle. 🛚 🕤 Wash the veggies. 🧵 🜓 Make sure you've got a Large Saucepan, Fine Grater, Frying Pan some Foil and a Colander. Let's start cooking the Lemon and Rosemary Chicken with Creamy Pasta and Broccoli.



PREP THE VEGGIES

- a) Pour the boiling water into a large saucepan and place on a high heat.
- b) Pick the rosemary leaves from their stalks and finely chop (discard the stalks).
- c) Zest and then halve the lemon.



2 MARINATE THE CHICKEN

- a) Put each chicken breast between two sheets of clingfilm and bash with a rolling pin or a frying pan, until 2cm thick.
- b) Pop the **chicken** on a plate and season with salt and pepper. Sprinkle on the lemon zest and rosemary. Drizzle over a splash of oil. Rub the flavourings all over to wash your hands and equipment after handling raw meat.



4 COOK THE PASTA

- a) Meanwhile, stir the stock pot into the pan of boiling water until dissolved.
- b) Add the **penne** and cook for 10 mins.
- c) After 6 mins, add the broccoli florets for the remaining 4 mins.
- d) In the last minute, stir in the spinach to wilt, then drain everything in a colander. Reserve a little of the stock.



5 FINISH OFF

- a) Return the **veggies** and **penne** to the pan.
- b) Stir through the mustard, crème fraîche and 2 tbsp of reserved stock.
- c) Add the **chicken** and carefully mix together and heat gently over medium heat to make sure everything is piping hot.
- d) Mix in the hard Italian cheese. Season with salt and pepper to taste.



3 FRY THE CHICKEN

- a) Heat a frying pan over medium-high heat (no **oil**!).
- b) Heat a good glug of oil in a frying pan on medium-high heat. Once hot, lay in the chicken. Cook for 5-6 mins on each side, until golden brown and cooked through. IMPORTANT: The chicken is cooked when it is no longer pink in the middle.
- c) When done, transfer to a plate and cover loosely with foil.



6 SERVE

- a) Slice the chicken breast.
- b) Share the pasta and veggies between your plates and top with the sliced chicken.
- c) Finish with a squeeze of lemon.

ENJOY!

INGREDIENTS

Rosemary, chopped	½ bunch
Lemon	1/2
Chicken Breast	2
Chicken Stock Pot	1
Penne 13)	200g
Broccoli Florets	200g
Baby Spinach	1 small bag
Wholegrain Mustard 9)	1 tbsp
Crème Fraîche 7)	1 small pot
Hard Italian Cheese 7)	40g

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 546G	PER 100G
Energy (kcal)	845	155
(kJ)	3535	647
Fat (g)	27	5
Sat. Fat (g)	16	3
Carbohydrate (g)	78	14
Sugars (g)	11	2
Protein (g)	69	13
Salt (g)	3.49	0.64

ALLERGENS

7) Milk 9) Mustard 13) Gluten

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

🔝 Wash your hands before and after handling ingredients. Wash fruit and vegetables - but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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