



# 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



Lemon



Chicken Breast



Chicken Stock Pot



Penne



Broccoli Florets



Baby Spinach



Wholegrain Mustard



Crème Fraîche



Hard Italian Cheese



MEAL BAG

20 mins

1.5 of your 5 a day

Rapid recipe

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.

GET PREPARED!

Fill and boil your Kettle



## BEFORE YOU START

- 🔑 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**.



### 1 PREP THE VEGGIES

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



### 4 COOK THE PASTA

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



### 2 MARINATE THE CHICKEN

- Put each **chicken breast** between two sheets of clingfilm and bash with a rolling pin or a frying pan, until 2cm thick.
- 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 the **chicken**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 5 FINISH OFF

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



### 3 FRY THE CHICKEN

- Heat a frying pan over medium-high heat (no **oil**!).
- 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.
- When done, transfer to a plate and cover loosely with foil.



### 6 SERVE

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

ENJOY!

## 2 PEOPLE INGREDIENTS

Rosemary, chopped	½ bunch
Lemon	½
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](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

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**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

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