



One Pot Creamy Chicken Pasta

with Mushrooms, Leeks and Parsley

N° 14

RAPID 20 Minutes • 1.5 of your 5 a day



Diced Chicken Thigh



Leek



Sliced Mushrooms



Garlic Clove



Chicken Stock Powder



Wheat Penne Pasta



Flat Leaf Parsley



Half Fat
Creme Fraiche

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press) and Measuring Jug.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Leek**	1	1½	2
Sliced Mushrooms**	150g	250g	300g
Garlic Clove**	1	2	2
Boiling Water for the Chicken*	600ml	900ml	1200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Wheat Penne Pasta 13)	200g	300g	400g
Flat Leaf Parsley	½ bunch	¾ bunch	1 bunch
Half Fat Creme Fraiche 7) **	150g	225g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	482g	100g
Energy (kJ/kcal)	3188 /762	661 /158
Fat (g)	26	6
Sat. Fat (g)	12	2
Carbohydrate (g)	82	17
Sugars (g)	8	2
Protein (g)	48	10
Salt (g)	0.98	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Contact

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1. Get Started

a) Heat a drizzle of **oil** in a large wide saucepan over high heat. Once hot, add the **diced chicken** and season with **salt** and **pepper**.

b) Cook, stirring, until turning golden, 3-4 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

c) Fill and boil your kettle.



2. Prep

a) Meanwhile, trim the root and the dark green leafy part from the **leek**. Quarter lengthways then thinly slice widthways.

b) Add the **leek** and the **sliced mushrooms** to the **chicken** with a knob of **butter** (if you have some). Cook, stirring, until starting to soften, 2-3 mins.



3. Garlic Time

a) Peel and grate the **garlic** (or use a garlic press) then add this to the pan. Cook, stirring, for 1 min.



4. Simmer

a) Pour the boiling **water** (see ingredients for amount) into the pan. Stir in the **chicken stock powder** and **wheat penne**, stir well.

b) Bring to a simmer and season with **salt** and **pepper**. Cover with a lid and cook, stirring every 2-3 mins, until the **wheat penne** is tender, 12 mins. **TIP:** Add a splash of water if it dries out.



5. Parsley Time

a) While the wheat pasta is cooking, roughly chop the **parsley** (stalks and all).



6. Finish Up

a) Once the **wheat pasta** is cooked, add the **creme fraiche** and **parsley** (add less if you don't like too much) to it and mix well.

b) Taste and add **salt** and **pepper** if you feel it needs it.

c) Divide between bowls and give a good grind of **black pepper** as the garnish.

Enjoy!