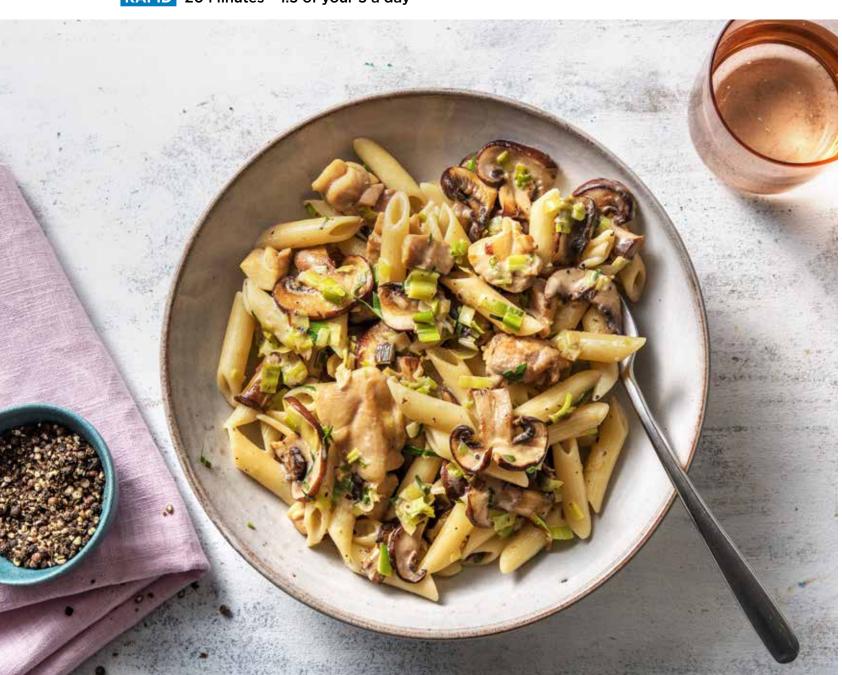


# **One Pot Creamy Chicken Pasta**

with Mushrooms, Leeks and Parsley

RAPID 20 Minutes • 1.5 of your 5 a day







Diced Chicken Thigh





Sliced Mushrooms







Wheat Penne Pasta

Chicken Stock Powder



Flat Leaf Parsley

# **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	1⅓ sachets	2 sachets
Wheat Penne Pasta 13)	200g	300g	400g
Flat Leaf Parsley	½ bunch	¾ bunch	1 bunch
Half Fat Creme Fraiche <b>7)</b> **	150g	225g	300g

\*Not Included \*\* Store in the Fridge

#### Nutrition

	Per serving	Per 100g
	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**.

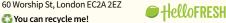
#### Contact

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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!