



Peri Peri Chicken Pasta

with Cheddar Cheese and Parsley

EXTRA RAPID 10 Minutes • Little Heat

N° 22



Bell Pepper



Garlic Clove



Flat Leaf Parsley



Red Chilli



Fresh Tagliatelle



Peri Peri Seasoning



Tomato Passata



Sun-dried Tomato Paste



Pulled Chicken



Cheddar Cheese



Rocket

Before you start

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

Basic cooking tools, you will need:

Saucepan, Frying Pan, Fine Grater, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Peri Peri Seasoning	1 large pot	1 large & 1 small pot	2 large pots
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Pulled Chicken**	200g	300g	400g
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Rocket**	1 bag	1 bag	2 bags

*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

for uncooked ingredient	Per serving 471g	Per 100g 100g
Energy (kJ/kcal)	2274 /544	483 /116
Fat (g)	16	3
Sat. Fat (g)	8	2
Carbohydrate (g)	53	11
Sugars (g)	12	3
Protein (g)	44	9
Salt (g)	3.12	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.
- Heat a drizzle of **oil** in a large frying pan on medium high heat.
- While the **oil** is heating up, halve the **pepper** and discard the core and **seeds**. Slice into thin strips.
- Add the **pepper** to the hot **oil** and fry until tender and coloured, 3-4 mins.
- Meanwhile, peel and grate the **garlic** (or use a garlic press), finely chop the **parsley** (stalks and all), thinly slice the **chilli**.

2. Simmer!

- Add the **pasta** to the boiling **water** and simmer until tender, 3-4 mins.
- Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.
- Meanwhile, once the **pepper** is soft, add the **garlic** and **peri peri seasoning** and stir together. Cook for one minute.
- Pour in the **passata**, **water** (see ingredients for amount) and add the **sun-dried tomato paste**. Season with **salt**, **pepper** and a pinch of **sugar**.
- Add the **pulled chicken**, stir together, bring to the boil and simmer until the **sauce** has reduced slightly and the **chicken** is piping hot, 2-3 mins.

3. Finish and Serve

- Taste the **sauce** and add **salt**, **pepper** and **sugar** if you feel it needs it.
- Add the drained **pasta** to the **sauce** and toss together. **TIP:** Add a splash of water if the sauce has reduced too much.
- Serve the **pasta** in bowls and grate over the **cheese**.
- Sprinkle over the **parsley** and **sliced chilli**.
- Serve with a handful of **rocket** on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.