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## Poppy Seed Crusted Chicken With Creamy Rigatoni

Traditionally poppy seeds are sprinkled over breads and in cakes to give a sweet and nutty flavour. We decided to reinvent the poppy seed as a crusted topping for our creamy chicken pasta bake. Just keep a toothpick handy for any rogue seeds, particularly if it is date night!



30 mins



1.5 of your 5 a day



Chicken Breast (2)



Thyme (8 sprigs)



Rigatoni (200g)



Leek (1)



Garlic Clove (1)



Chicken Stock Pot (1)



Water (150ml)



Double Cream (1 pot)



Baby Spinach (1 bag)



Panko Breadcrumbs (30g)



Poppy Seeds (1 tsp)



Hard Italian Cheese (40g)




Olive Oil (1 tbsp)

## 2 PEOPLE INGREDIENTS

- Chicken Breast
- Thyme, chopped
- Rigatoni
- Leek, sliced
- Garlic Clove, grated
- Chicken Stock Pot
- Water

**2**  
**8 sprigs**  
**200g**  
**1**  
**1**  
**1**  
**150ml**

- Double Cream **1 pot**
- Baby Spinach **1 bag**
- Panko Breadcrumbs **30g**
- Poppy Seeds **1 tsp**
- Hard Italian Cheese **40g**
- Olive Oil **1 tbsp**

 Our fruit and veggies may need a little wash before cooking!

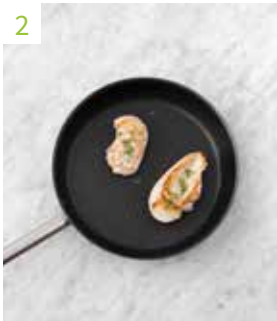
### Did you know...

Rigatoni means 'ridged' in Italian. The ridges help the sauce stick to the pasta and ensure a mouthful of delight every time!

**Allergens:** Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt	
<b>Per serving</b>	1074 kcal / 4502 kJ	52 g	29 g	91 g	8 g	60 g	3 g	<b>Chicken Stock Pot Ingredients:</b> Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract
<b>Per 100g</b>	185 kcal / 775 kJ	9 g	5 g	16 g	1 g	10 g	1 g	



**1** Pre-heat your oven to 200 degrees and put a large pot of water on to boil (we will use this for the pasta). Pop the **chicken** in a bowl and season with a pinch of **salt** and a good grind of **black pepper**. Pull the **leaves** from the **thyme** and roughly chop. Mix half of your **thyme** with your **chicken**.



**2** Heat a frying pan over high heat. When the pan is hot (no need to add any oil), carefully lay your **chicken** in the pan and cook for 2 mins on each side golden brown on both sides. Transfer your **chicken** to a deep sided baking tray and pop in your oven for 12-15 mins. Don't wash the frying pan, we will use it later.

**3** When your pot of water comes to the boil, add a generous pinch of **salt** along with the **rigatoni** and cook for 11 mins. When your **pasta** is cooked, drain into a colander and then return to the pot off the heat.

**4** As your **chicken** and **pasta** cook, get on with the rest of your prep. Chop the root off the **leek** and thinly slice it into ½cm rounds. Peel and grate the **garlic** (use a garlic press if you have one!). Reheat the frying pan you used earlier, on medium heat and add a splash of **oil**. Add your **leek** and cook for 5 mins or until softened. Add your **garlic** and remaining **thyme leaves** and cook for 1 minute more.



**5** Add the **chicken stock pot** and the **water** (as specified in the ingredient list) and bring to the boil. Pour in the **double cream** and bring your **sauce** back to the boil. Stir in the **baby spinach** and cook for 2 mins or until your **spinach** has wilted. Taste and add more **salt** and **pepper** if necessary. Keep to one side off the heat.

**6** Next, make the crust. Mix the **breadcrumbs** with the **poppy seeds**, **hard Italian cheese** and the **olive oil** (as specified in the ingredient list). Mix well and season with a pinch of **salt** and a good grind of **black pepper**.

**7** When your **chicken** is cooked, keep it warm, wrapped in foil in the baking tray.  
**Tip:** *The chicken is cooked when the centre is no longer pink.*



**8** Switch your grill to high heat. Mix your **pasta** with your **sauce**. Remove your **chicken** from the baking tray and then spoon in your **pasta** and **sauce**. Pop your **chicken** on top of your **pasta** and sprinkle with your **poppy seed crust**. Put the tray back under your grill and cook for 2-3 mins or until golden brown.

**9** Serve immediately and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!