



PROVENÇAL PASTA BAKE

with Juicy Chicken and Basil



HELLO PROVENÇAL HERBS

This classic blend of herbs include thyme, fennel, savory, marjoram, rosemary and lavender.



Diced chicken breast



Chicken Stock Pot



Water for the Stock



Red Onion



Garlic Clove



Courgette



Red Pepper



Provençal Herbs



Tomato Passata



Water for the Sauce



Rigatoni



Basil



Hard Italian Cheese

MEAL BAG

45 mins

4.5 of your 5 a day

We are so lucky that our chefs grew up in families where recipes were passed down the generations. We're not sure how happy André's granny would be if she knew he was sharing her provençal French cooking tricks, but as we can't bear to disappoint you guys ... we'll let you in on his granny's delectable provençal pasta bake.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Ovenproof Dish, Measuring Jug**, some **Foil**, a **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Frying Pan** and **Colander**. Now, let's get cooking!



1 GET ORGANISED

Preheat your oven to 200°C and put a large saucepan of water with a pinch of **salt** on to boil for the rigatoni. Boil your kettle. Place the **chicken** in a deep ovenproof dish and season with a pinch of **salt** and a good grind of **black pepper**. Mix well.



2 COOK THE CHICKEN

In a measuring jug, dissolve the **chicken stock pot** in the boiling **water** (amount specified in the ingredient list) and pour this over the **chicken**. Cover the dish with foil and place on the top shelf of your oven until the **chicken** is cooked, 25 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.* When cooked, transfer the **chicken** and any **juices** to a mixing bowl and set aside. Keep the ovenproof dish! Preheat your grill to high.



3 PREP THE VEGGIES

While the **chicken** cooks prepare the **veggies**. Halve, peel and thinly slice the **red onion** into half moons. Peel and grate the **garlic** (or use a garlic press!). Remove the top and bottom from the **courgette**. Halve lengthways and slice into 1cm thick half moons. Halve, then remove the core from the **red pepper** and cut into 1cm wide slices.



4 SIMMER THE VEGGIES

Heat a drizzle of **oil** in a frying pan over medium heat. Add the **onion**, stir and cook until starting to soften, 4 mins. Add the **courgette** and **pepper** to the pan and stir in the **provençal herbs**. Cook until the **veggies** are just soft, 3-4 mins. Stir in the **garlic**, cook for 1 minute more, then pour in the **tomato passata** and **water** (amount specified in the ingredient list). Stir, lower the heat and gently simmer for 10 mins.



5 BOIL THE PASTA

Meanwhile, add the **rigatoni** to the pan of boiling water and cook for 10 mins. When the **rigatoni** is cooked, drain in a colander and return to the pan. Drizzle with **oil** (to stop it sticking together) and season with a good grind of **black pepper** and a pinch of **salt**. Once the **veggies** are ready, tear in **half** the **basil leaves** and stir together.



6 ASSEMBLE AND SERVE!

Put the **rigatoni** into the bottom of the ovenproof dish and top with the cooked **chicken** and its **juices**. Spoon the **veggies** on top and then cover with the **hard Italian cheese**. Pop the **provençal pasta bake** under your grill until the **cheese** is bubbling and golden, 3 mins. Tear over the remaining **basil leaves**. **Tuck in!**

2 PEOPLE INGREDIENTS

Diced chicken breast	280g
Chicken Stock Pot	½
Water for the Stock*	100ml
Red Onion, sliced	1
Garlic Clove, grated	1
Courgette, sliced	1
Red Pepper, sliced	1
Provençal Herbs	2 tsp
Tomato Passata	1 carton
Water for the Sauce*	100ml
Rigatoni 1)	200g
Basil, torn	1 bunch
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	508	119
(kJ)	2145	504
Fat (g)	7	2
Sat. Fat (g)	4	1
Carbohydrate (g)	84	20
Sugars (g)	15	3
Protein (g)	25	6
Salt (g)	2.01	0.47

ALLERGENS

1)Gluten 7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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