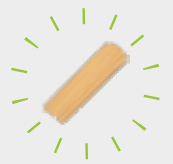




SUMMER LINGUINE



HELLO LINGUINE

In Italian 'linguine' literally means 'little tongues'.



Red Onion



Basil



Lemon



Easy Garlic



Diced Chicken Thigh



Linguine



Sugar Snap Peas



Creme Fraiche



Chicken Stock Powder



Hard Italian Cheese

MEAL BAG

Hands on: ... mins
Total: 35 mins

2 of your
5 a day

Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Saucepan**, **Large Frying Pan** and a **Colander**.



1 PREP THE VEG

Put a large pan of **water** onto boil and add a good pinch of **salt**. Halve, peel and thinly slice the **onion**. Pull the **basil leaves** from their stalks. Finely chop the **stalks** and roughly chop the **leaves**. Keep separate. Halve and juice the **lemon**.



2 GET COOKING

Add a splash of **oil** to a large frying pan on medium heat. Add the **onion** and **basil stalks**, cook until soft, 5 mins. Add the **garlic puree**, cook for another 2 mins stirring frequently, then transfer to a bowl. Add another splash of **oil** to the pan if it's dry, increase the heat to medium high and fry the **chicken** until golden and cooked through, 8-10 mins.

! IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



4 COOK THE PASTA

Meanwhile, add the **pasta** (see ingredients for amount) to the boiling **water** and boil for 6 minutes, then drain in a colander.



5 ADD THE PASTA

Add the drained **pasta** to the pan, along with the **3/4** of the **basil** and **3/4** of the **cheese**. Toss together and taste once more to check for seasoning.



3 FINISH THE SAUCE

Add the **onions** and **garlic** back to the frying pan with the **chicken**, along with the **sugar snap peas**, stir to combine. Next, add the **creme fraiche**, **stock pot**, **lemon juice** and **water** (see ingredients for amount), along with a pinch of **salt** and **pepper**. Bring to the boil, stir to dissolve the **stock pot** then reduce the heat and let simmer until slightly thickened, 5 mins.



6 SERVE AND DIG IN!

Divide the **creamy chicken pasta** between bowls and top with a sprinkling of the remaining **parmesan** and the leftover **basil**. **Game, set, match!**

4 PEOPLE INGREDIENTS

In order of use

Red Onion	1
Basil	1 bunch
Lemon	1
Easy Garlic	1 sachet
Diced Chicken Thigh	420g
Linguine ¹³⁾	400g
Sugar Snap Peas	2 packs
Creme Fraiche ⁷⁾	1 large pot
Chicken Stock Powder	1 sachet
Water*	50ml
Hard Italian Cheese ⁷⁾	1 pack

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 410G	PER 100G
Energy (kcal)	792	193
(kJ)	3312	807
Fat (g)	28	7
Sat. Fat (g)	11	3
Carbohydrate (g)	87	21
Sugars (g)	10	2
Protein (g)	53	13
Salt (g)	0.78	0.19

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten

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

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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