



# Superquick Lemony Pesto Chicken Pasta

with Green Beans and Tomatoes

Nº 12

**EXTRA RAPID** 10 Minutes • 1.5 of your 5 a day



Green Beans



Baby Plum Tomatoes



Lemon



Pre-Pulled Chicken



Soured Cream



Grated Hard Style Italian Cheese



Green Pesto



Fresh Egg Tagliatelle

## 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, Measuring Jug and Colander.

### Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	1	1
Pre-Pulled Chicken**	240g	360g	480g
Soured Cream 7)**	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs
Green Pesto**	1 pot	1½ pots	2 pots
Water for the Sauce*	50ml	75ml	100ml
Fresh Egg Tagliatelle 8) 13)	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	2712 / 650	487 / 117
Fat (g)	26	5
Sat. Fat (g)	13	2
Carbohydrate (g)	51	9
Sugars (g)	7	1
Protein (g)	50	9
Salt (g)	1.97	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Started!

- Bring a large saucepan of **water** to the boil for the pasta with ½ tsp of **salt**.
- Trim the **green beans** then chop in half.
- Halve the **tomatoes**.
- Zest and halve the **lemon**.

## 2. Get Cooking!

- Pop the **chicken**, **soured cream**, **half the hard Italian style cheese**, the **lemon zest**, **pesto** and **tomatoes** into another large saucepan with the **water** (see ingredients for amounts) and season with **salt** and **pepper**.
- Bring to a simmer over a medium-high heat then lower the heat to medium and simmer for 5-6 mins, stirring occasionally.
- Add the **pasta** and **green beans** to the boiling **water** and simmer until cooked, 4 mins.
- Once cooked, drain well in a colander.

## 3. Serve!

- Add the cooked **pasta** and **green beans** to the **chicken mixture**, taste and add more **salt** and **pepper** if you like with a squeeze of **lemon juice**. **TIP:** Add a splash of water if the pasta looks a little dry.
- Divide between plates and top with the remaining **hard Italian style cheese**.

## Enjoy!