



Superquick Lemony Pesto Chicken Pasta with Green Beans and Tomatoes

Extra Rapid 10 Minutes • 1.5 of your 5 a day

22



Green Beans



Baby Plum Tomatoes



Lemon



Pre-Pulled Chicken



Soured Cream



Grated Hard Italian Style Cheese



Pesto



Fresh Tagliatelle

Before you start

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

Cooking tools, you will need:

Two Saucepans, Fine Grater, Colander and Measuring Jug.

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**	200g	300g	400g
Soured Cream 7) **	150ml	225ml	300ml
Grated Hard Italian Style Cheese 7) 8) **	1 pack	1½ packs	2 packs
Pesto 7)	1 sachet	1½ sachets	2 sachets
Water for the sauce*	50ml	75ml	100ml
Fresh Tagliatelle 8) 13) **	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2512/601	559/134
Fat (g)	28	6
Sat. Fat (g)	14	3
Carbohydrate (g)	41	9
Sugars (g)	7	2
Protein (g)	45	10
Salt (g)	1.72	0.38

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, Soya, Gluten & Sulphites.

Contact

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 You can recycle me!



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2



3



Get Started

- Bring a large pan of water to the boil for the pasta with 0.5 tsp of **salt**.
- Trim the **green beans** then chop in half.
- Halve the **tomatoes**.
- Zest and halve the **lemon**.

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. **IMPORTANT:** *Heat the chicken until piping hot.*
- Add the **pasta** (check ingredients for amounts) and **green beans** to the boiling water and simmer until cooked, 4 mins.
- Once cooked, drain well in a colander.

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!

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.