

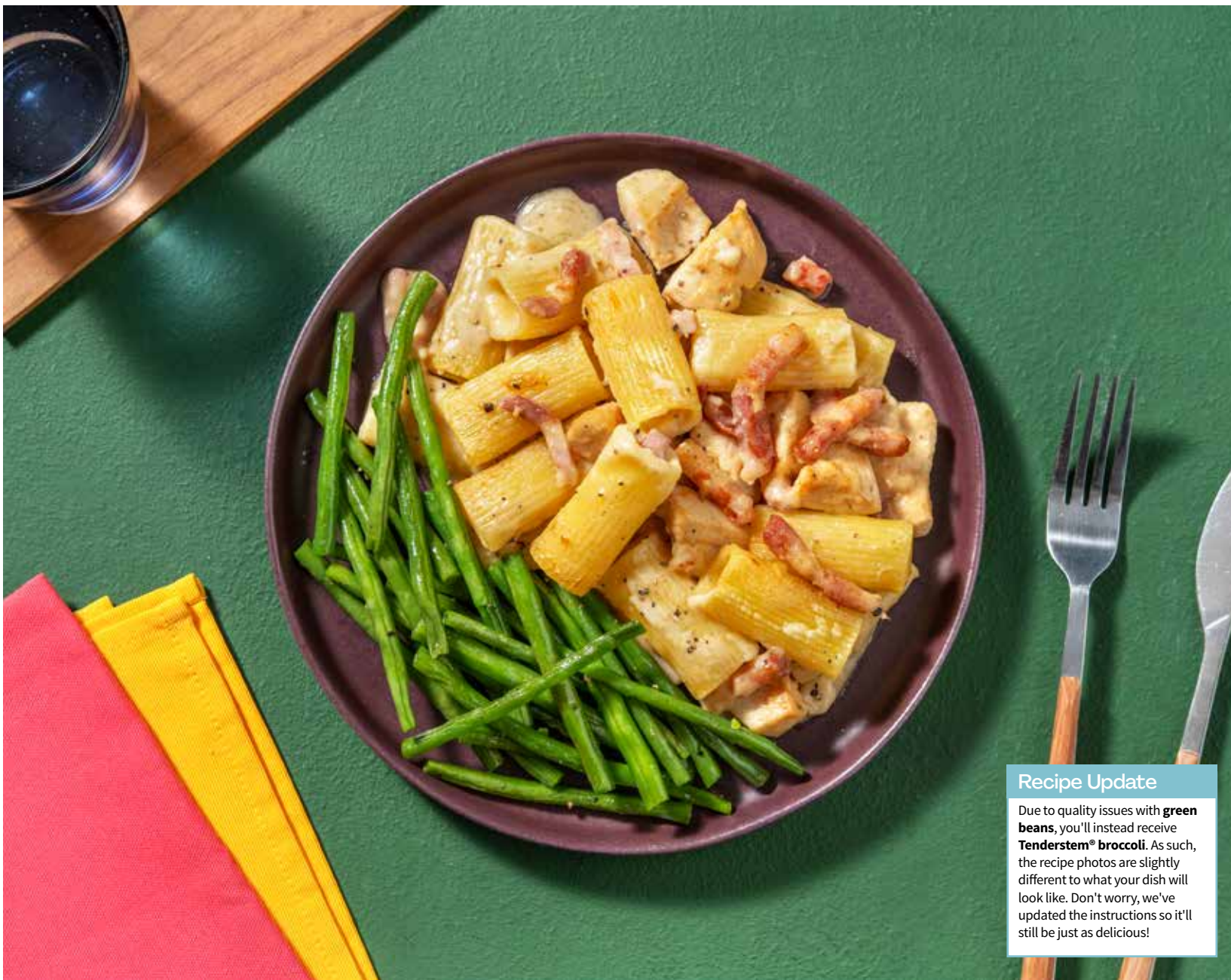


# Ultimate Creamy Chicken and Bacon Rigatoni Bake

with Cheddar Cheese and Tenderstem® Broccoli

36

Ultimate 40-45 Minutes • 1 of your 5 a day



Tenderstem® Broccoli



Mature Cheddar Cheese



Garlic Clove



Rigatoni Pasta



Diced Chicken Breast



Bacon Lardons



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

## Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

## Pantry Items

Oil, Salt, Pepper, Butter, Plain Flour

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, fine grater, garlic press, colander, frying pan, ovenproof dish and kettle.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	150g	200g	300g
Mature Cheddar Cheese** 7)	40g	60g	80g
Garlic Clove**	3	4	5
Rigatoni Pasta 13)	180g	270g	360g
Diced Chicken Breast**	260g	390g	520g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

Pantry	2P	3P	4P
Butter*	30g	45g	60g
Plain Flour*	30g	45g	60g
Water for the Sauce*	250ml	375ml	500ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 483g	Per 100g 100g
Energy (kJ/kcal)	4831/1155	1001/239
Fat (g)	59.2	12.3
Sat. Fat (g)	35.2	7.3
Carbohydrate (g)	85.5	17.7
Sugars (g)	7.8	1.6
Protein (g)	67.7	14.0
Salt (g)	3.05	0.63

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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1



## Cook the Pasta

Preheat your grill to high. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **rigatoni**.

Halve any thick **broccoli** stems lengthways. Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

4



## Sauce Things Up

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **chicken stock paste**. Bring to the boil, then stir and simmer until thickened, 1-2 mins.

Mix in the **creme fraiche** and both **cheeses**. Taste and season with **salt** and **pepper** if needed.

Stir the **pasta**, **chicken** and **bacon** into the **sauce**. Cook until piping hot, 1-2 mins, then transfer to an ovenproof dish.

Meanwhile, boil a half-full kettle.

2



## Fry the Chicken and Bacon

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins.

Halfway through, add the **bacon lardons** to the pan and stir-fry until golden, 4-5 mins.

Once cooked, transfer the **chicken** and **bacon** to a plate. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging. The chicken is cooked when no longer pink in the middle. Cook lardons thoroughly.

5



## Bring on the Broccoli

Grill your **pasta bake** until golden and crispy, 6-8 mins.

Meanwhile, pour the **boiled water** into the (now empty) saucepan with ½ **tsp salt** on high heat.

Bring back to the boil, then add the **broccoli** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the saucepan. Drizzle with a little **oil** and season with **salt** and **pepper** if you'd like.

3



## Make your Roux

Pop the (now empty) frying pan back on medium-high and melt in the **butter** (see pantry for amount).

Once melted, stir in the **garlic** and cook for 1 min, then stir in the **flour** (see pantry for amount).

Cook until it forms a **paste**, 1-2 mins - you've made a **roux**!

6



## Finish and Serve

When everything is ready, plate up your **ultimate chicken and bacon rigatoni bake** with the **broccoli** alongside.

Enjoy!