



Ultimate Creamy Chicken and Pesto Linguine with Rosemary, Parmigiano Reggiano and Tenderstem® Broccoli

36

Ultimate 30-35 Minutes



Chicken Breast Skin-On



Dried Rosemary



Tenderstem® Broccoli



Linguine



Crema Fraiche



Chicken Stock Paste



Fresh Pesto



Parmigiano Reggiano

Pantry Items
Oil, Salt, Pepper

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, bowl, frying pan, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
Chicken Breast Skin-On**	2	3	4
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	80g	150g	150g
Linguine 13)	180g	270g	360g
Crème Fraîche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Fresh Pesto** 7)	50g	82g	100g
Parmigiano Reggiano** 7)	20g	30g	40g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3582 /856	974 /233
Fat (g)	38.5	10.5
Sat. Fat (g)	15.2	4.1
Carbohydrate (g)	70.8	19.2
Sugars (g)	5.9	1.6
Protein (g)	55.9	15.2
Salt (g)	1.84	0.50

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

Allergens

7) Milk 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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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp of salt** for the **linguine**.

Pop the **chicken** into a large bowl and season with the **dried rosemary, salt and pepper**.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Bring on the Linguine

When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

For the last 4 mins, add the **broccoli** to the same pan and cook for the remaining time until tender.
Once cooked, drain everything in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop the **pasta** sticking together.



Get Frying

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

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.



Make your Creamy Sauce

When everything's almost ready, pop the frying pan back on medium-high heat with the **crème fraîche, chicken stock paste, pesto and water for the sauce** (see pantry for amount).

Stir together until well combined, then add the **cooked pasta, broccoli** and **half the Parmigiano Reggiano**.

Continue to stir until piping hot, add a splash of **water** if it's a little too thick.



Roast the Chicken

Transfer the **chicken** to a baking tray, skin-side up, then roast on the top shelf of your oven until cooked through, 18-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
Meanwhile, wipe out the (now empty) frying pan.
Halve any large **broccoli stems** lengthways, then cut into thirds widthways.



Finish and Serve

When the **chicken** is cooked, cut widthways into roughly 6 slices.

Share your **ultimate creamy pesto linguine** between your bowls. Top with the **chicken** and a sprinkle of the remaining **Parmigiano Reggiano**.

Enjoy!