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## Provençal Pasta Bake with Juicy Chicken and Basil

We are so lucky that our chefs grew up in families where recipes are passed down the generations. We're not sure how happy André's granny would be if she knew he was sharing her provençal French cooking tricks, but as we can't bare to disappoint you guys ... we'll let you in on his granny's delectable provençal pasta bake.



45 mins



family box



Chicken Thigh (6)



Provençal Herbs  
( $\frac{1}{2}$  tbsp)



Chicken Stock Pot (1)



Red Onion (1)



Garlic Clove (2)



Courgette (2)



Red Pepper (1)



Rigatoni (400g)



Tomato Passata  
(2 cartons)




Basil (3 tbsp)



Hard Italian Vegetarian  
Cheese (6 tbsp)

## Ingredients

	4 PEOPLE	ALLERGENS
Chicken Thighs	6	
Provençal Herbs	½ tsp	
Chicken Stock Pot	1	
Red Onion, sliced	1	
Garlic Clove	2	
Courgette, chopped	2	
Red Pepper, chopped	1	
Rigatoni	400g	Gluten
Tomato Passata	2	
Basil, torn	3 tbsp	
Hard Italian Vegetarian Cheese	6 tbsp	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

**LH** Step for little hands

### Did you know...

Pharaohs used to be sprinkled in basil leaves in their tombs.

**Nutrition per serving:** Calories: 870 kcal | Protein: 51 g | Carbs: 91 g | Fat: 30 g | Saturated Fat: 9 g

3



**1** Pre-heat your oven to 200 degrees and put a large pot of water with ½ tsp of **salt** to boil for the **rigatoni**.

4



**2** Cut the **chicken thighs** into 1cm thick strips. Place in a baking dish and season with ½ tsp of **salt** and a good grind of **black pepper**. Mix well.

5



**3** Dissolve the **chicken stock pot** in 200ml of boiling **water** and pour this over the **chicken**. Cover your dish with foil and pop in your oven for 25 mins. The **chicken** is cooked when the centre is no longer pink!

**4** While your **chicken** cooks prepare the veggies. Cut the **red onion** in half through the root, peel and slice into thin half moon shapes. Peel and grate the **garlic**.

**Tip:** Use a garlic press if you have one!

7



**5** Chop the top and bottom off the **courgettes** and cut in half lengthways. Chop the **courgettes** into half moon shapes 1cm thick. Remove the core from the **red pepper** and chop into 1cm slices.

**6** Pop four-fifths of the **rigatoni** into the boiling water (you don't need to use the whole packet) and

cook for 10 mins. When your pasta is cooked, drain and return to your pot. Mix in 1 tbsp of **olive oil** and season with a good grind of **black pepper** and a pinch of **salt**.

**7** Heat a frying pan over medium heat and add 1 tbsp of **oil**. Cook the **red onions** for 3 mins and then add the **courgettes** and **peppers**. Sprinkle in the **provençal herbs** and cook for another 3 mins. Add the **garlic**, cook for a minute more and then pour in the **tomato passata**. Cook for 10 mins.

**8 LH:** Tear half of the basil leaves. Mix the basil into your veggies and get ready to assemble your pasta bake! Switch your grill to its highest setting.

**9** Pop your **rigatoni** into the bottom of a deep ovenproof dish and top with your cooked **chicken** and the cooking juices. Spoon your provençal veggies on top and then cover with the grated **cheese**. Pop under your grill for 3 mins or until the cheese is bubbling and golden. Sprinkle over the remaining basil leaves and tuck in.