



Creamy Pesto Pasta with Peas, Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

19



Garlic Clove



Penne Pasta



Creme Fraiche



Vegetable Stock
Paste



Peas



Baby Spinach



Fresh Pesto



Grated Hard Italian
Style Cheese



Diced Chicken
Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.
Happy cooking!

Before you start

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

Cooking tools

Kettle, garlic press, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Penne Pasta 13	180g	270g	360g
Crema Fraiche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Peas**	120g	240g	240g
Baby Spinach**	100g	150g	200g
Fresh Pesto** 7	32g	64g	96g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	308g	100g	438g	100g
Energy (kJ/kcal)	3043 / 727	990 / 236	3690 / 882	844 / 202
Fat (g)	35.6	11.6	37.9	8.7
Sat. Fat (g)	18.5	6.0	19.1	4.4
Carbohydrate (g)	78.0	25.4	78.2	17.9
Sugars (g)	9.3	3.0	9.5	2.2
Protein (g)	22.7	7.4	54.1	12.4
Salt (g)	1.68	0.55	1.88	0.43

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

Allergens

7) Milk **8**) Egg **10**) Celery **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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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan on high heat for the **pasta**.



Make your Creamy Sauce

- Stir the **creme fraiche** and **veg stock paste** into the **garlic**.
- Add the **water for the sauce** (see pantry for amount) and stir to combine.
- Simmer, stirring occasionally, until the **sauce** has reduced and thickened slightly, 4-5 mins.



Cook the Pasta

- Add the **penne** and $\frac{1}{2}$ **tsp salt** to the pan of **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.



Hey Pesto

- Add the **peas** to the **sauce**, then add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Once the **penne** is cooked, add to the **creamy sauce** and stir to coat well.
- Stir through the **pesto** and **hard Italian style cheese**.



Fry the Garlic

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **garlic** and cook until browned all over, 5-6 mins. Add the **garlic** and continue as instructed, making sure the **chicken** is cooked through in Step 5. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Serve

- When ready, share the **creamy pesto pasta** between your bowls.

Enjoy!