



Creamy Fajita Style Chicken Pasta with Pepper and Italian Style Cheese

Customer Favourites 25-30 Minutes • Mild Spice • 1 of your 5 a day

38



Onion



Bell Pepper



Garlic Clove



Rigatoni Pasta



Diced Chicken Thigh



Mexican Style Spice Mix



Chicken Stock Paste



Soured Cream



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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

Saucepan, garlic press, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Rigatoni Pasta 13	180g	270g	360g
Diced Chicken Thigh**	260g	390g	520g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	457g	100g	457g	100g
Energy (kJ/kcal)	3378 / 807	739 / 177	3117 / 745	682 / 163
Fat (g)	31.5	6.9	21.4	4.7
Sat. Fat (g)	14.4	3.2	11.4	2.5
Carbohydrate (g)	84.3	18.7	84.1	18.4
Sugars (g)	15.9	3.5	15.9	3.5
Protein (g)	48.4	10.6	51.2	11.2
Salt (g)	2.03	0.44	1.97	0.43

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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Get Prepped

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

Halve, peel and thinly slice the **onion**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

When the **water** is boiling, add the **rigatoni** to the pan 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.



Fry the Chicken

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

Once hot, add the diced **chicken** to the pan and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Once browned, transfer the **chicken** to a small bowl for later.

CUSTOM RECIPE

If you've chosen to get diced **chicken breast** instead of **thigh**, cook the recipe in the same way.



Add the Veg

Pop the (now empty) pan back on high heat (no need to clean). Add another drizzle of **oil** if needed.

Add the **sliced pepper** and **onion** to the pan. Stir in the **sugar** (see pantry for amount), then season with **salt** and **pepper**. Stir-fry until the **veg** has softened, 4-5 mins.

Once softened, add the **browned chicken** back into the pan, along with the **Mexican style spice mix** and the **garlic**. Stir-fry for 30 secs.



Bring on the Creamy Sauce

Next, stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**.

Bring to the boil and simmer until the **chicken** is cooked through and the **sauce** has reduced by half, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once the **sauce** has reduced, stir in the **soured cream** and the **grated Italian style cheese**. Season with **salt** and **pepper**, then bring to the boil and simmer until slightly thickened, 2-3 mins. Remove from the heat.



Finish and Serve

Add the **pasta** to the **sauce** and stir together to combine.

Taste and add more **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.

Share the **fajita style pasta** between your bowls.

Enjoy!