



Chicken Chasseur Style Pasta with Mushrooms and Cheese

Family 25-30 Minutes • 1 of your 5 a day

1



Onion



Garlic Clove



Rigatoni Pasta



Diced Chicken Thigh



Sliced Mushrooms



Tomato Puree



Red Wine Jus Paste



Worcester Sauce



Mixed Herbs



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1½	2
Garlic Clove**	2	3	4
Rigatoni Pasta 13)	180g	270g	360g
Diced Chicken Thigh**	260g	390g	520g
Sliced Mushrooms**	120g	180g	240g
Tomato Puree	30g	45g	60g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Worcester Sauce 13)	15g	23g	30g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	428g	100g	428g	100g
Energy (kJ/kcal)	3282 / 784	767 / 183	3021 / 722	706 / 169
Fat (g)	27.8	6.5	17.6	4.1
Sat. Fat (g)	12.9	3.0	10.0	2.3
Carbohydrate (g)	83.2	19.5	83.0	19.4
Sugars (g)	16.7	3.9	16.7	3.9
Protein (g)	50.7	11.9	53.6	12.5
Salt (g)	2.15	0.50	2.09	0.49

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
14) Sulphites

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

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

Halve, peel and finely chop the **onion**.

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



Cook the Pasta

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.



Sizzle the Chicken

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

Once hot, add the **diced chicken** and **sliced mushrooms** to the pan and season with **salt** and **pepper**. Cook until browned all over, 4-5 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Lower the heat to medium, then add the **onion** to the pan and stir-fry until softened, 4-5 mins.

CUSTOM RECIPE

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



Bring on the Sauce

When the **onion** has softened, add the **garlic** and **tomato puree** to the pan. Cook for 1 min.

Add the **red wine jus paste**, **Worcester sauce**, **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine. **TIP:** *If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.*

Bring to the boil, then lower the heat so the **sauce** simmers gently. Cook until the **chicken** is cooked through and the **sauce** has thickened, 3-4 mins.

IMPORTANT: *The chicken is cooked when no longer pink in the middle.*



All Together Now

Once the **chicken** is cooked and the **sauce** has thickened, stir through the **butter** (see pantry for amount) and **half the hard Italian style cheese** until melted. When the **sauce** is ready, stir through the **cooked rigatoni**. Toss well to combine.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little thick.



Serve

Share the **chicken chasseur style pasta** between your bowls.

Sprinkle over the remaining **cheese** to finish.

Enjoy!