



Lemon Chicken and Pea Rigatoni with Creme Fraiche

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

1



Garlic Clove



Lemon



Diced Chicken Breast



Chicken Stock Paste



Rigatoni Pasta



Peas



Creme Fraiche



Bacon Lardons

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on 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, fine grater, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	2	3
Lemon**	½	¾	1
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Rigatoni Pasta 13	180g	270g	360g
Peas**	120g	240g	240g
Crema Fraiche** 7	150g	225g	300g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	394g	100g	439g	100g
Energy (kJ/kcal)	3241 / 775	823 / 197	3279 / 891	849 / 203
Fat (g)	28.4	7.2	37.6	8.6
Sat. Fat (g)	16.0	4.1	18.9	4.3
Carbohydrate (g)	79.6	20.2	80.5	18.3
Sugars (g)	10.2	2.6	10.3	2.3
Protein (g)	49.8	12.6	57.5	13.1
Salt (g)	1.29	0.33	2.52	0.57

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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1 Get Prepped

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

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

Zest and halve the **lemon** (see ingredients for amount).



2 Cook the Chicken

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. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan with the **chicken**. Stir-fry until golden, 5-6 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



3 Sauce Things Up

Once the **chicken** is browned, lower the heat to medium and add the **garlic**. Cook for 1 min more.

Pour in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Stir together well, then bring to the boil.

Reduce the heat to low and simmer until the **sauce** is reduced by half, 8-10 mins.



4 Cook the Pasta

Meanwhile, add the **rigatoni** to your pan of **boiling 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.



5 Combine and Stir

Once the **sauce** has reduced and the **chicken** is cooked, stir through the **peas** and **creme fraiche**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Add a squeeze of **lemon juice**, then add the **cooked rigatoni** and stir together to combine.

Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



6 Serve Up

Share your **lemon chicken pasta** between your bowls and sprinkle over the **lemon zest**.

Grind over a little more **pepper** if you'd like to finish.

Enjoy!