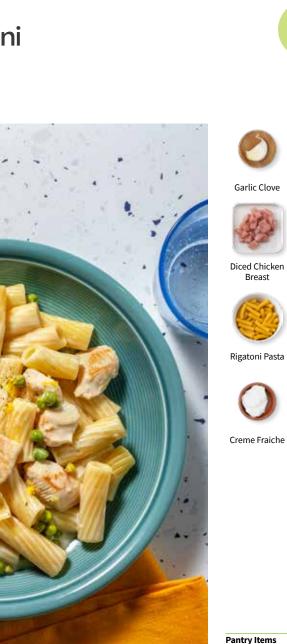


Lemon Chicken and Pea Rigatoni

with Creme Fraiche

25-30 Minutes · 1 of your 5 a day







Garlic Clove







Chicken Stock Paste



Rigatoni Pasta



Peas



Creme Fraiche



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

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Ingredients	2P	3P	4P
Garlic Clove**	2	2	3
Lemon**	1/2	3/4	1
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Rigatoni Pasta 13)	180g	270g	360g
Peas**	120g	240g	240g
Creme 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 Custom Recipe						
Typical Values	Per serving	Per 100g	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.

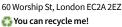
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Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).



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.



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.



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.



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.



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.



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!