



# Chicken, Chorizo & Mushroom Tagliatelle Alfredo with Chives and Balsamic Rocket Salad

29

Premium 35-40 Minutes • 1 of your 5 a day



Skin-On Chicken Breasts



Garlic Clove



Chives



Baby Plum Tomatoes



Balsamic Glaze



Fresh Tagliatelle



Sliced Mushrooms



Diced Chorizo



Crema Fraiche



Grated Hard Italian Style Cheese



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Butter

## Before you start

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

## Cooking tools

Frying pan, baking tray, saucepan, garlic press, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Skin-On Chicken Breasts**	2	3	4
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Fresh Tagliatelle** <b>8) 13)</b>	200g	300g	400g
Sliced Mushrooms**	120g	180g	240g
Diced Chorizo**	60g	90g	120g
Creme Fraiche** <b>7)</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Wild Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4088 /977	679 /162
Fat (g)	62.7	10.4
Sat. Fat (g)	31.3	5.2
Carbohydrate (g)	43.4	7.2
Sugars (g)	8.7	1.4
Protein (g)	61.9	10.3
Salt (g)	2.61	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 **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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## 1 Fry the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.



## 4 Sauce Things Up

Meanwhile, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **mushrooms** and **diced chorizo**. Fry, stirring occasionally, until browned, 5-6 mins. Add the **garlic** and cook for 30 secs.

Add the **creme fraiche** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins. Season with **salt** and **pepper**.

Stir through the **hard Italian style cheese** and **butter** (see pantry for amount) until melted, then add **half** the **chives**.



## 2 Time to Roast

Transfer the **chicken** to a baking tray, skin-side up. Once the oven is hot, roast on the top shelf until cooked through, 18-25 mins. **IMPORTANT:**

*Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **tagliatelle**.



## 5 All Together Now

When the **chicken** is cooked, allow it to rest for a few mins, then cut into 1cm thick slices.

Add the **cooked pasta** to the **sauce** and toss to coat. Simmer until piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick. Taste, and season with **salt** and **pepper** if needed.

Just before serving, add the **rocket** to the bowl of **tomatoes** and **dressing** and toss to coat.



## 3 Dress the Tomatoes

Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier). Halve the **baby plum tomatoes**.

In a medium bowl, combine the **tomatoes**, **balsamic glaze** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set aside.

Add the **tagliatelle** to your pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## 6 Serve Up

Share the **chorizo tagliatelle alfredo** between your bowls.

Top with the **sliced chicken** and sprinkle over the remaining **chives**.

Serve with the **rocket salad** alongside.

## Enjoy!