

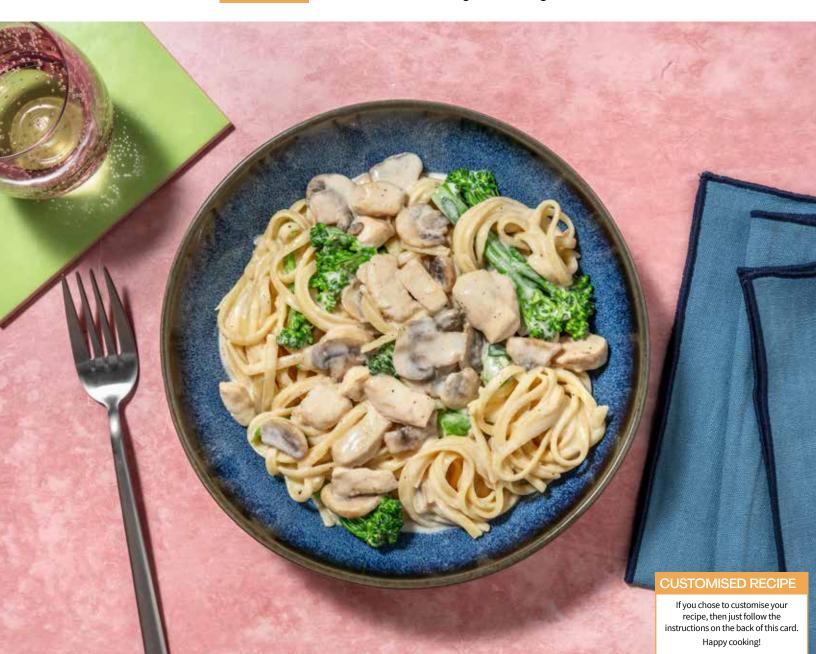
# Presto Chicken and Mushroom Linguine

with Tenderstem® and Cheese

Customised

20-25 Minutes • 1 of your 5 a day







Linguine



Breast





Garlic Clove

Sliced Mushrooms





Creme Fraiche

Tenderstem® Broccoli



Vegetable Stock Paste



Italian Style Cheese

**Pantry Items** Oil, Salt, Pepper

### Before you start

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

## Cooking tools

Kettle, saucepan, frying pan, garlic press and colander. Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Sliced Mushrooms**	80g	120g	120g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Dontnu	2P	3P	4P
Pantry	25	35	46
Reserved Pasta Water*	100ml	150ml	200ml

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

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3324 / 794	696/166
Fat (g)	31.1	6.5
Sat. Fat (g)	17.8	3.7
Carbohydrate (g)	72.5	15.2
Sugars (g)	7.3	1.5
Protein (g)	52.7	11.0
Salt (g)	1.52	0.32

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

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, cereals containing 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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HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







#### Cook the Pasta

- a) Boil a full kettle. Pour the boiled water into a large saucepan with 1/2 tsp salt on high heat.
- **b)** Add the **pasta** and bring back to the boil.
- c) Cook until tender, 12 mins.



# Start Frying

- a) While the pasta cooks, heat a drizzle of oil in a large frying pan on high heat.
- b) Once hot, add the chicken and mushrooms to the pan and season with salt and pepper.
- c) Fry until golden brown on the outside and cooked through, 8-10 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



# **Get Prepped**

- a) Meanwhile, peel and grate the garlic (or use a garlic press).
- b) Halve the Tenderstem® broccoli widthways.



#### Add the Tenderstem®

- a) Once the **chicken** is cooked through, lower the heat. Add the garlic and stir-fry, 30 secs.
- b) When the pasta has 4 mins left, add the broccoli to the same pan and cook for the remaining time until tender.
- c) Once the pasta and broccoli are cooked, reserve some of the pasta water (see pantry for amount), then drain in a colander. Drizzle with oil and stir through to prevent it sticking.



## Bring on the Sauce

- a) Stir the reserved pasta water (see pantry for amount), creme fraiche and veg stock paste into the chicken pan, simmer for 2-3 mins.
- b) Add the cooked pasta, broccoli and hard Italian style cheese to the sauce and gently toss to coat.
- c) Add another splash of water if the sauce is a bit thick. Season to taste with salt and pepper.



#### Serve

a) Share the chicken and mushroom linguine between your bowls.

### Enjoy!