



Presto Chicken and Mushroom Linguine with Tenderstem® and Cheese

39A

Customised 20-25 Minutes • 1 of your 5 a day



Linguine



Diced Chicken Breast



Sliced Mushrooms



Garlic Clove



Tenderstem® Broccoli



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

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 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g

Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	478g 3324/794	100g 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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1 Cook the Pasta

a) Boil a full kettle. Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

b) Add the **pasta** and bring back to the boil.

c) Cook until tender, 12 mins.



2 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.



3 Get Prepped

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Halve the **Tenderstem® broccoli** widthways.



4 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.



5 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**.



6 Serve

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

Enjoy!