



Sweet and Smoky BBQ Chicken Pasta with Pepper and Cheese

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

12



Bell Pepper



Penne Pasta



Diced Chicken Thigh



Garlic Clove



Mature Cheddar Cheese



Tomato Passata



Chicken Stock Paste



Chipotle Paste



BBQ Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Penne Pasta 13)	180g	270g	360g
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Chipotle Paste	20g	30g	40g
BBQ Sauce	48g	80g	96g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	486g	100g	486g	100g
Energy (kJ/kcal)	3389 / 810	697 / 167	3128 / 748	644 / 154
Fat (g)	29.2	6.0	19.0	3.9
Sat. Fat (g)	12.8	2.6	9.8	2.0
Carbohydrate (g)	89.5	18.4	89.2	18.4
Sugars (g)	17.6	3.6	17.6	3.6
Protein (g)	47.8	9.8	50.7	10.4
Salt (g)	2.76	0.57	2.70	0.55


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, 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.

 You can recycle me!

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Get Started

- Boil a full kettle.
- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Build the Flavour

- While everything cooks, peel and grate the **garlic** (or use a garlic press).
- Grate the **cheese**.
- When the **chicken** and **pepper** have 1 min of cooking time left, add the **garlic** to the pan and fry until fragrant.



Boil the Pasta

- Pour the **boiled water** into a large saucepan with ½ **tsp salt** on high heat.
- Add the **penne** 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.



Make the Sauce

- Add the **passata**, **chicken stock paste**, **chipotle paste** (add less if you'd prefer things milder), **sugar** and **water for the sauce** (see pantry for both amounts) to the pan.
- Stir and bring to the boil, then reduce the heat and simmer until slightly thickened, 2-3 mins.
- Stir through the **BBQ sauce**, **cooked pasta** and **butter** (see pantry for amount). Heat until the **pasta** is piping hot and the **butter** has melted, 1-2 mins.



Fry Time

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**.
- Fry until the **chicken** is cooked through and the **pepper** has softened, 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.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Serve

- Share the **BBQ chicken pasta** between your serving bowls.
- Sprinkle over the **cheese**.

Enjoy!