



Honey-Mustard Chicken Pasta Salad

with Crispy Onions and Baby Plum Tomatoes

Lunch 20-25 Minutes

11A

Find all your unchilled Market items in bag A.



Rigatoni Pasta



Mayonnaise



Wholegrain Mustard



Honey



Baby Plum Tomatoes



Cooked Chicken Slices



Baby Leaf Mix



Crispy Onions

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

Saucepan, colander and bowl.

Ingredients

Ingredients	Quantity
Rigatoni Pasta 13)	180g
Mayonnaise 8) 9)	96g
Wholegrain Mustard 9)	17g
Honey	15g
Baby Plum Tomatoes	125g
Cooked Chicken Slices**	1 pack
Baby Leaf Mix**	20g
Crispy Onions 13)	1 sachet

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	314g	100g
Energy (kJ/kcal)	2606/623	830/198
Fat (g)	19.2	6.1
Sat. Fat (g)	3.3	1.0
Carbohydrate (g)	79.2	25.2
Sugars (g)	13.0	4.1
Protein (g)	32.6	10.4
Salt (g)	2.10	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **9**) Mustard **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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

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



1



Boil the Pasta

a) Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **rigatoni**.

b) When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Leave to cool, 5-10 mins.

2



Get Prepped

a) While the **pasta** boils, in a large bowl, combine the **mayonnaise**, **wholegrain mustard** and **honey**. Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Set aside **2 tbsp** of the **honey-mustard mayo dressing** in a separate small bowl for the final step.

c) Quarter the **baby plum tomatoes**.

d) Chop each **cooked chicken slice** into 3 pieces.

3



Assemble and Serve

a) Once cooled, add the **rigatoni** to the large bowl of **honey-mustard mayo dressing**, along with the **chicken** and **baby plum tomatoes**. Toss to coat.

b) When you're ready to serve, toss through the **baby leaf mix**, then divide between 2 serving bowls.

c) Drizzle over the **reserved honey-mustard mayo dressing** and sprinkle over the **crispy onions** to finish.

Enjoy!