



Creamy Chicken and Mushroom Pasta with Italian Style Cheese

Stacey Solomon 15 Minutes

7



Rigatoni Pasta



Diced Chicken Thigh



Dried Oregano



Sliced Mushrooms



Creme Fraiche



Wild Mushroom Paste



Grated Hard Italian Style Cheese



Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper

Stacey♥

CUSTOM RECIPE
If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.
Happy cooking!

Stacey Solomon's Picks
We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Diced Chicken Thigh**	240g	390g	520g
Dried Oregano	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	120g	180g	240g
Creame Fraiche** 7)	150g	225g	300g
Wild Mushroom Paste	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	423g	100g	423g	100g
Energy (kJ/kcal)	3482 / 832	823 / 197	3221 / 770	762 / 182
Fat (g)	40.4	9.6	30.3	7.2
Sat. Fat (g)	20.7	4.9	17.7	4.2
Carbohydrate (g)	73.7	17.4	73.5	17.4
Sugars (g)	7.5	1.8	7.5	1.8
Protein (g)	46.2	10.9	49.0	11.6
Salt (g)	1.16	0.27	1.09	0.26

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

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, mollusc, 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

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1



Pasta Time

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{2}$ tsp salt on high heat.
- Boil the **pasta**, 12 mins.
- Once cooked, drain and drizzle with **oil**.

2



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken, oregano** and **mushrooms**, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

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

3



Creamy Sauce

- Stir in the **creme fraiche, wild mushroom paste** and **water for the sauce** (see pantry).
- Bring to the boil, then lower the heat. Simmer, 3-4 mins.
- Stir in the **cheese** and **cooked rigatoni** until combined.

4



Dinner's Ready!

- Share your **pasta** between your bowls.

Enjoy!