



Smoky Chicken Pasta

with Pepper and Cheese

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day

12



Bell Pepper



Penne Pasta



Diced British Chicken Thigh



Garlic Clove



Tomato Passata



Red Wine Stock Paste



Chipotle Paste



Grated Hard Italian Style Cheese



Diced British 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 British Chicken Thigh**	240g	390g	520g
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Chipotle Paste	20g	30g	40g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Diced British Chicken Breast**	240g	390g	520g
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 with either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	466g	100g	466g	100g
Energy (kJ/kcal)	3174 / 759	681 / 163	2913 / 696	625 / 149
Fat (g)	26.0	5.6	15.9	3.4
Sat. Fat (g)	11.2	2.4	8.2	1.8
Carbohydrate (g)	85.6	18.4	85.8	18.3
Sugars (g)	17.3	3.7	17.3	3.7
Protein (g)	46.2	9.9	49.1	10.5
Salt (g)	3.19	0.69	3.13	0.67


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

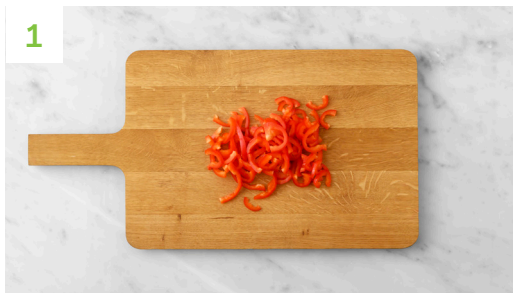
7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

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.

 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).
- 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 $\frac{1}{2}$ **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**, **red wine 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 **cooked pasta** and **butter** (see pantry for amount) and **half the cheese**. Heat until the **pasta** is piping hot and the **butter** has melted, 1-2 mins.

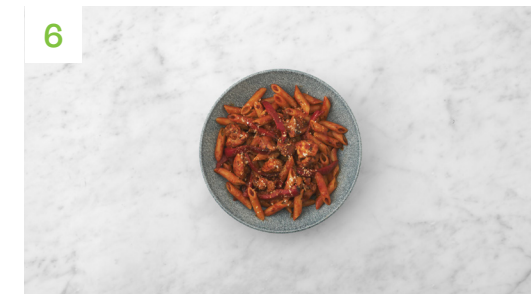


Fry Time

- 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 **smoky chicken pasta** between your serving bowls.
- Sprinkle over the remaining **cheese**.

Enjoy!