














Herby Creamy Tomato Chicken Penne

with Peas and Cheddar

1

Family 25-30 Minutes • 1 of your 5 a day



-  Garlic Clove
-  Mature Cheddar Cheese
-  Diced British Chicken Breast
-  Mixed Herbs
-  Penne Pasta
-  Tomato Passata
-  Red Wine Stock Paste
-  Chives
-  Peas
-  Creme Fraiche
-  British Smoked Bacon Lardons

Recipe Update

Due to challenges with our supplier, you'll receive **peas** instead of **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper, Sugar

+ Add Bacon Lardons

If you chose to add bacon lardons, 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.

Cooking tools

Saucepan, garlic press, grater, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Diced British Chicken Breast**	240g	390g	520g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Penne Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Chives**	½ bunch	¾ bunch	1 bunch
Peas**	120g	180g	240g
Creme Fraiche** 7)	75g	120g	150g
British Smoked Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	497g	100g	541g	100g
Energy (kJ/kcal)	3230 / 772	650 / 155	3717 / 888	686 / 164
Fat (g)	21.8	4.4	31.0	5.7
Sat. Fat (g)	11.9	2.4	14.8	2.7
Carbohydrate (g)	88.6	17.8	89.5	16.5
Sugars (g)	17.0	3.4	17.0	3.1
Protein (g)	53.0	10.7	60.7	11.2
Salt (g)	2.80	0.56	4.02	0.74

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

Allergens

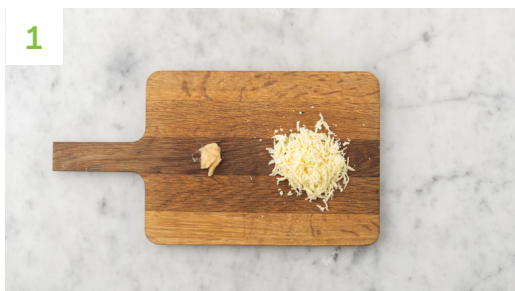
7) Milk 13) Cereals containing gluten 14) Sulphites

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 Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **penne**.

Peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar**.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. 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.*

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan halfway through cooking the **chicken**. Fry, 4-5 mins, then continue as instructed. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook it thoroughly.*

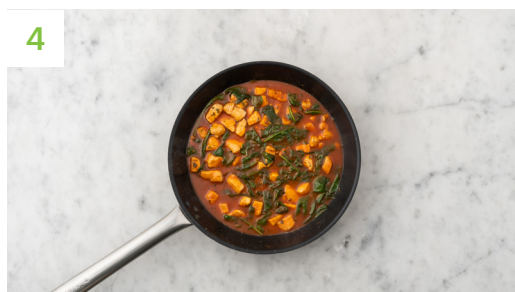


Pasta Time

Once the **chicken** is cooked, stir in the **garlic** and **mixed herbs**. Cook for 1 min more.

Meanwhile, when your pan of **water** is boiling, 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.



Sauce Things Up

Add the **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the **chicken**.

Bring to a boil, then turn the heat down and simmer until slightly thickened, 5-6 mins.

While the **sauce** simmers, finely chop the **chives** (use scissors if easier).

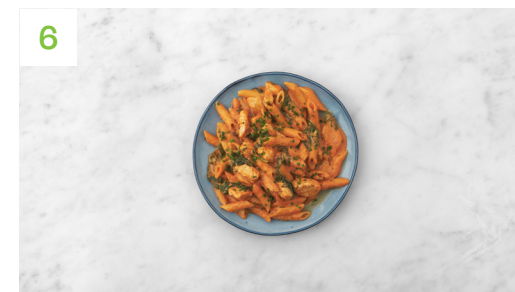
Once thickened, stir in the **peas** until piping hot, 1-2 mins.



Combine and Stir

Stir through the **creme fraiche**, **half** the **chives** and the **Cheddar**.

Add the **cooked pasta** and season to taste with **salt** and **pepper**, then stir to combine.



Serve

When everything's ready, share the **chicken pasta** between your bowls.

Sprinkle over the remaining **chives** to finish.

Enjoy!