



# Parma Ham & Parmigiano Pasta Arrabiata

with Tenderstem® Broccoli, Chilli Flakes and Rocket

44

Super Quick 10-15 Minutes • Mild Spice



Tenderstem® Broccoli



Parma Ham & Parmigiano Reggiano Filled Pasta



Tomato Puree



Chicken Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Chilli Flakes



Wild Rocket



Balsamic Glaze



Diced British Chicken Thigh

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### Make it Higher Protein

If you chose to make this recipe higher 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Wild Rocket**	40g	60g	80g
Balsamic Glaze 14)	12ml	18ml	24ml
Diced British Chicken Thigh**	240g	390g	480g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	125ml	175ml	250ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	309g	100g	439g	100g
Energy (kJ/kcal)	2166/518	702/168	3075/735	701/167
Fat (g)	23.6	7.6	36.1	8.2
Sat. Fat (g)	13.2	4.3	16.8	3.8
Carbohydrate (g)	54.1	17.5	54.5	12.4
Sugars (g)	13.9	4.5	14.0	3.2
Protein (g)	20.2	6.5	48.8	11.1
Salt (g)	3.81	1.23	4.07	0.93


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.

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## Get Prepped

- Boil a full kettle.
- Cut the **Tenderstem® broccoli** into thirds.
- Pour the **boiled water** into a saucepan with ½ **tsp salt**. Bring back to the boil.

2



## Cook Pasta

- Boil the **filled pasta** and **broccoli**, 3-4 mins.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Fry the **tomato puree**, 1-2 mins.



## Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan before the **tomato puree**. Fry, 8-10 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

3



## Sauce Time

- Next, add the **chicken stock paste**, **sugar** and **water** (see pantry for both).
- Simmer, 1-2 mins.
- Reduce the heat. Stir through the **butter** (see pantry).
- Drain the **filled pasta** and **broccoli**.

4



## Dinner's Ready!

- Gently stir the **pasta**, **broccoli**, **sun-dried tomato paste**, **hard Italian style cheese** and **chilli flakes** (add less if you'd prefer things milder) into the **sauce**.
- Add a splash of **water** if you feel it needs it.
- Share between your bowls.
- Top with the **rocket** and drizzle over the **balsamic glaze** to finish.

## Enjoy!