



Chicken, Chorizo & Mushroom Tagliatelle Alfredo

with Balsamic Rocket and Tomato Salad

30

Premium 35-40 Minutes • 1 of your 5 a day



Skin-On British Chicken Breasts



Garlic Clove



Medium Tomato



Balsamic Glaze



Fresh Tagliatelle



Sliced Mushrooms



Diced Chorizo



Crema Fraiche



Grated Hard Italian Style Cheese



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan, saucepan, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Skin-On British Chicken Breasts**	2	3	4
Garlic Clove**	1	1	2
Medium Tomato	1	2	2
Balsamic Glaze 14)	12ml	18ml	24ml
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Sliced Mushrooms**	120g	180g	240g
Diced Chorizo**	60g	90g	120g
Crème Fraîche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4059 /970	697 /167
Fat (g)	62.6	10.8
Sat. Fat (g)	31.3	5.4
Carbohydrate (g)	42.8	7.4
Sugars (g)	8.1	1.4
Protein (g)	61.6	10.6
Salt (g)	2.61	0.45

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.

Contact

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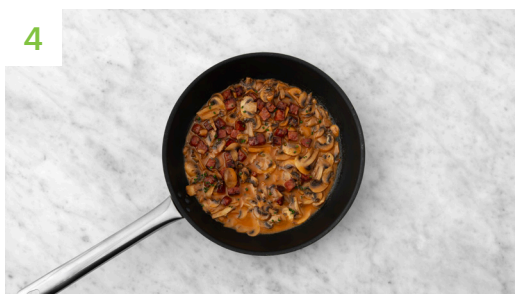


Fry the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.



Sauce Things Up

Meanwhile, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **mushrooms** and **diced chorizo**. Fry, stirring occasionally, until browned, 5-6 mins. Add the **garlic** and cook for 30 secs.

Add the **crème fraîche** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins. Season with **salt** and **pepper**.

Stir through the **hard Italian style cheese** and **butter** (see pantry for amount) until melted.



Time to Roast

Transfer the **chicken** to a baking tray, skin-side up.

Once the oven is hot, roast on the top shelf until cooked, 18-25 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **tagliatelle**.

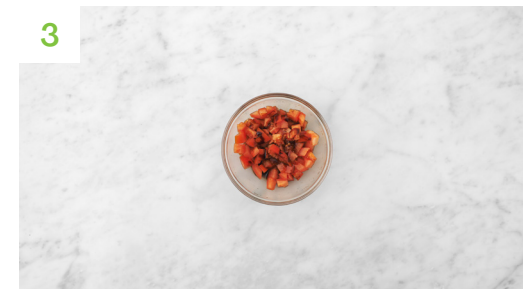


Finishing Touches

When the **chicken** is cooked, allow it to rest for a few mins, then cut into 1cm thick slices.

Add the **cooked pasta** to the **sauce** and toss to coat. Simmer until piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick. Taste and season with **salt** and **pepper** if needed.

Just before serving, add the **rocket** to the bowl of **tomatoes** and **dressing**, then toss to coat.



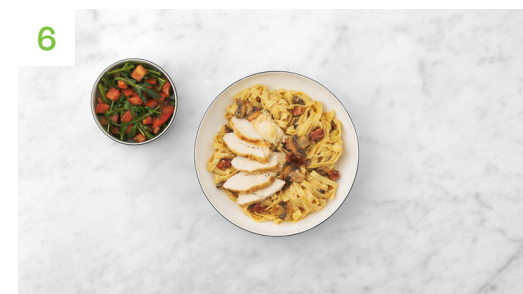
Dress the Tomato

Peel and grate the **garlic** (or use a garlic press). Cut the **tomato** into 1cm chunks.

In a medium bowl, combine the **tomato**, **balsamic glaze** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set aside.

Add the **tagliatelle** to your pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Serve

Share the **chorizo tagliatelle alfredo** between your bowls.

Top with the **sliced chicken** and serve the **rocket salad** alongside.

Enjoy!