



# Layered Creamy Chicken Pasta Bake with Tomato Sauce, Peppers and Cheese

Family 40-45 Minutes • 1 of your 5 a day

1



Bell Pepper



Rigatoni Pasta



Diced British  
Chicken Thigh



Chicken Stock  
Paste



Finely Chopped  
Tomatoes with  
Onion and Garlic



Mixed Herbs



Creme Fraiche



Grated Hard  
Italian Style Cheese

#### Pantry Items

Oil, Salt, Pepper, Sugar



## 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, frying pan, colander and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Rigatoni Pasta <b>13</b>	180g	270g	360g
Diced British Chicken Thigh**	190g	350g	390g
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Crème Fraîche** <b>7</b>	75g	150g	150g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b> )	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1½ tsp	2 tsp	3 tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>511g</b>	<b>100g</b>
Energy (kJ/kcal)	3215 /768	629/150
Fat (g)	27.5	5.4
Sat. Fat (g)	12.8	2.5
Carbohydrate (g)	86.7	17.0
Sugars (g)	21.4	4.2
Protein (g)	44.2	8.7
Salt (g)	3.39	0.66

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

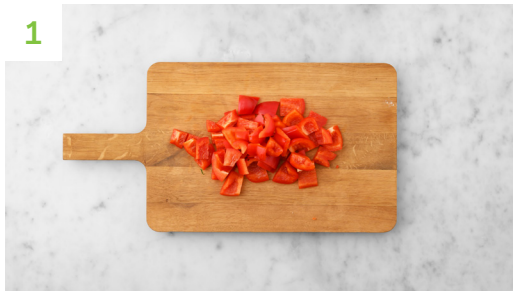
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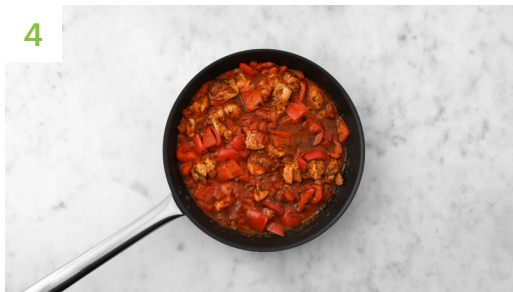


## Prep the Veg

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

Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**.

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.



## Simmer the Sauce

Once the **chicken** has browned, stir in the **chicken stock paste**, **chopped tomatoes**, **mixed herbs** and **sugar for the sauce** (see pantry for amount).

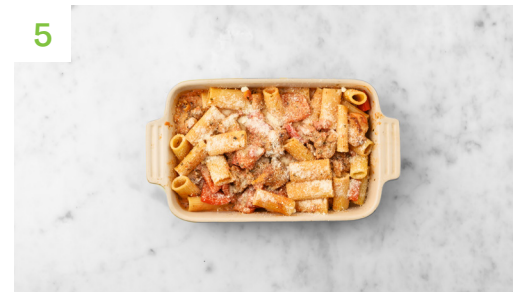
Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened and the **chicken** is cooked, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Cook the Pasta

When your pan of **water** is boiling, add the **pasta** and bring back to the boil.

Cook until tender, 12 mins.



## Assemble and Bake

When the **pasta** is cooked, drain in a colander and return to the pan. Mix in the **crème fraîche** and season with **salt** and **pepper**.

Once the **chicken** is cooked and the **sauce** has thickened, season with **salt** and **pepper** then transfer to an ovenproof dish. Top with the **creamy pasta** then sprinkle over the **hard Italian style cheese**.

Bake on the top shelf of your oven until the top is golden and a little crispy at the edges, 10-12 mins.



## Get Frying

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

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

Cook until the **chicken** has browned all over and the **pepper** has softened, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Serve

When ready, share your **chicken pasta bake** between your serving bowls and tuck in.

## Enjoy!