



Pronto Pesto Pasta Verde

with Peas, Spinach and Cheese

Quick 20 Minutes • 1 of your 5 a day

19



Garlic Clove



Penne Pasta



Creme Fraiche



Vegetable Stock Paste



Peas



Baby Spinach



Pesto



Grated Hard Italian Style Cheese



Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced chicken breast, 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

Kettle, garlic press, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Penne Pasta 13)	180g	270g	360g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Peas**	120g	240g	240g
Baby Spinach**	100g	150g	200g
Pesto 7)	32g	48g	64g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	396g	100g	526g	100g
Energy (kJ/kcal)	3188 /762	805 /192	3836 /917	729 /174
Fat (g)	37.8	9.5	40.2	7.6
Sat. Fat (g)	20.3	5.1	21.0	4.0
Carbohydrate (g)	79.0	19.9	79.1	15.0
Sugars (g)	9.3	2.3	9.4	1.8
Protein (g)	26.8	6.8	58.2	11.1
Salt (g)	2.22	0.56	2.42	0.46

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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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan on high heat with $\frac{1}{2}$ **tsp salt** for the **pasta**.



Make your Creamy Sauce

- Stir the **crema fraiche** and **veg stock paste** into the **garlic**.
- Add the **water for the sauce** (see pantry for amount) and stir to combine.
- Simmer, stirring occasionally, until the **sauce** has reduced and thickened slightly, 4-5 mins.



Cook the Pasta

- Add the **penne** to the pan of **water** 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.



Hey Pesto

- Add the **peas** to the **sauce**, then add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Once the **penne** is cooked, add to the **creamy sauce** and stir to coat well.
- Stir through the **pesto** and **half the hard Italian style cheese**.

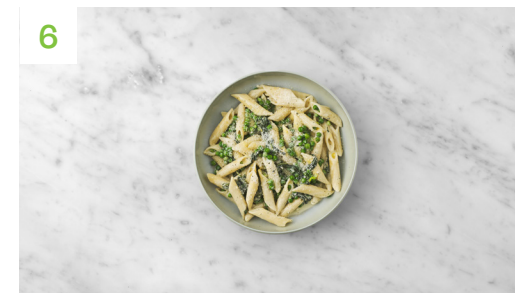


Fry the Garlic

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan before the **garlic**. Fry, 5-6 mins, then add the **garlic**. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve

- When ready, share your **creamy pesto pasta** between your bowls.
- Finish by sprinkling on the remaining **cheese**.

Enjoy!