



Quick Creamy Truffle Chicken and Mushroom Rigatoni with Tenderstem® Broccoli

40A

Customised 20-25 Minutes • 1 of yor 5 a day



Rigatoni Pasta



Tenderstem® Broccoli



Diced British Chicken Breast



Sliced Mushrooms



Garlic Clove



Creme Fraiche



Vegetable Stock Paste



Truffle Zest



Grated Hard Italian Style Cheese

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items
Oil, Salt, Pepper

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, colander, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Tenderstem® Broccoli**	150g	200g	300g
Diced British Chicken Breast**	240g	390g	520g
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	1	2	2
Creme Fraiche** 7	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	484g	100g
Energy (kJ/kcal)	3497 /836	723 /173
Fat (g)	33.8	7.0
Sat. Fat (g)	19.7	4.1
Carbohydrate (g)	73.1	15.1
Sugars (g)	7.5	1.6
Protein (g)	56.1	11.6
Salt (g)	1.89	0.39

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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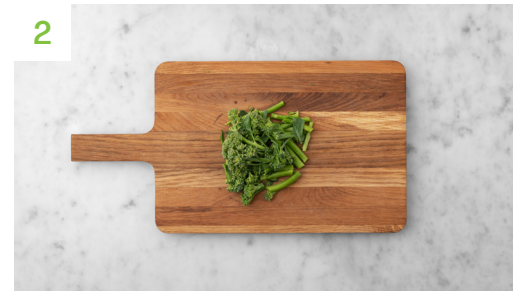
Cook the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- Once boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.



Garlic Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Once the **chicken** is cooked, stir in the **garlic** and cook for 1 min more.



Add the Broccoli

- While the **pasta** cooks, cut the **Tenderstem®** into thirds.
- When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the same pan and bring back to the boil.
- Cook with the **pasta** for the last 4 mins of cooking time.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Make the Creamy Sauce

- Next, reduce the heat slightly, then add the **creme fraiche** and **veg stock paste**.
- Pour in the **water for the sauce** (see pantry for amount). Bring to the boil and simmer for 2 mins, then remove from the heat.
- Stir through the **truffle zest** and **hard Italian style cheese**. Add a splash of **water** if the **sauce** is a little too thick.



Fry the Chicken and Mushrooms

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and **mushrooms** to the pan and season with **salt** and **pepper**.
- Fry until the **chicken** is 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.



Combine and Serve

- Add the **cooked pasta** and **broccoli** to the **creamy sauce** and toss together. Reheat if necessary.
- Taste and season with **salt** and **pepper** if needed.
- Serve the **creamy chicken rigatoni** between your bowls.

Enjoy!