



Speedy Italian Style Pesto Chicken

with Potatoes, Sun-Dried Tomato and Spinach

Quick 20 Minutes • 2 of your 5 a day

12



Potatoes



Bell Pepper



Diced British Chicken Thigh



Garlic Clove



Tomato Passata



Chicken Stock Paste



Sun-Dried Tomato Paste



Baby Spinach



Pesto



Grated Hard Italian Style Cheese



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

↔ Swap to Chicken Breast

If you chose to swap to 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

Saucepan, sieve and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	1½	2
Diced British Chicken Thigh**	190g	390g	520g
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	15g	22g	30g
Sun-Dried Tomato Paste	25g	37g	50g
Baby Spinach**	40g	60g	80g
Pesto** 7)	32g	48g	64g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Butter*	20g	30g	40g

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	683g	100g	708g	100g
Energy (kJ/kcal)	2721 / 650	398 / 95	2635 / 630	372 / 89
Fat (g)	30.3	4.4	22.6	3.2
Sat. Fat (g)	12.0	1.8	9.7	1.4
Carbohydrate (g)	62.7	9.2	62.5	8.8
Sugars (g)	14.0	2.0	14.0	2.0
Protein (g)	36.9	5.4	44.6	6.3
Salt (g)	3.53	0.52	3.52	0.50

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg

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.

 You can recycle me!

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Cook the Potatoes

- Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- When boiling, add the **potatoes** to the **water** and cook until just tender, 12-15 mins. Drain in a sieve.



Bring on the Flavour

- Stir the **passata**, **chicken stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan.
- Bring to the boil, then simmer until the **sauce** has thickened slightly and the **chicken** is cooked through, 4-5 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Chicken Time

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **diced chicken** and **sliced pepper** to the pan and season with **salt** and **pepper**.
- Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

↔ Swap to Chicken Breast

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Hey Pesto

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **pesto**, **half the cheese** and the **butter** (see pantry for amount).
- When the **potatoes** have cooked, add them into the **sauce** and stir to coat evenly.



Sizzle and Stir

- While the **chicken** and **pepper** is cooking, peel and grate the **garlic** (or use a garlic press).
- Once the **chicken** has browned, stir the **garlic** into the pan and cook for 1 min.



Finish and Serve

- Taste the **stew** and season with **salt** and **pepper** if needed. Add a splash of **water** if it needs loosening.
- Divide the **stew** between your bowls. Sprinkle over the remaining **cheese** to finish.

Enjoy!