



Herby Creamy Tomato Chicken Penne

with Bell Pepper and Cheese

Family 25-30 Minutes • 1 of your 5 a day

1



Bell Pepper



Garlic Clove



Penne Pasta



Diced British Chicken Breast



Mixed Herbs



Tomato Passata



Red Wine Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

+ Double Chicken Breast

If you chose to double chicken, 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, garlic press, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Penne Pasta 13)	180g	270g	360g
Diced British Chicken Breast**	240g	390g	480g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Creme Fraiche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Diced British Chicken Breast**	240g	390g	480g
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Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*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	495g	100g	625g	100g
Energy (kJ/kcal)	3016 / 721	609 / 146	3663 / 876	586 / 140
Fat (g)	18.9	3.8	21.2	3.4
Sat. Fat (g)	10.3	2.1	11.0	1.8
Carbohydrate (g)	85.2	17.2	85.3	13.6
Sugars (g)	16.6	3.4	16.8	2.7
Protein (g)	49.7	10.0	81.1	13.0
Salt (g)	2.74	0.55	2.93	0.47

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

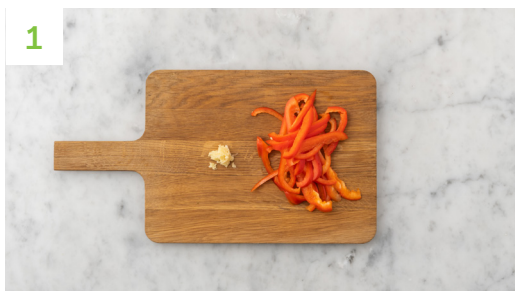
7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

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.

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Get Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **penne**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

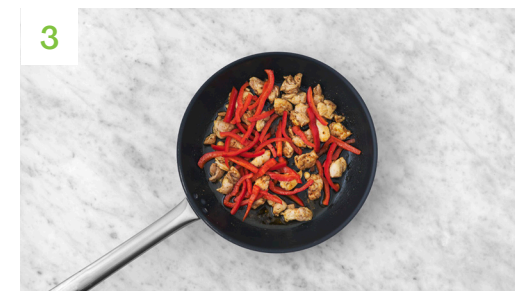
Peel and grate the **garlic** (or use a garlic press).



Pasta Time

When your pan of **water** is boiling, add the **penne** 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.



Fry the Chicken

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

Once hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**. Fry until 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.

Once cooked, stir in the **garlic** and **mixed herbs**. Cook for 1 min more.

+ Double Chicken Breast

If you've chosen to double up on **chicken**, cook the recipe in the same way.



Sauce Things Up

Stir the **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **chicken**.

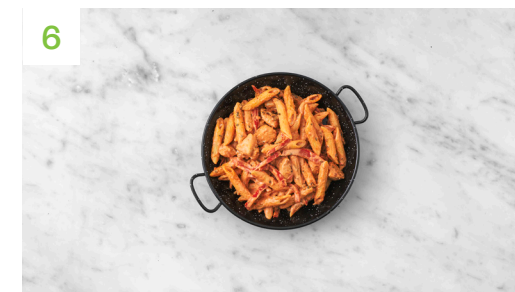
Bring to a boil, then turn the heat down and simmer until slightly thickened, 5-6 mins.



Combine and Stir

Stir through the **creme fraiche** and **hard Italian style cheese**.

Stir in the **cooked pasta**, then season to taste with **salt** and **pepper**.



Serve

When everything's ready, share the **chicken pasta** out between your serving bowls.

Enjoy!