



Creamy Fajita Style Chicken Pasta

with Pepper and Italian Style Cheese

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

1



Onion



Bell Pepper



Garlic Clove



Rigatoni Pasta



Diced British Chicken Thigh



Mexican Style Spice Mix



Chicken Stock Paste



Soured Cream



Grated Hard Italian Style Cheese



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

↔ 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!



In Mexican cuisine, fajita refers to strips of grilled meat and veg that are fried and spiced with smoky and peppery seasonings. This Creamy Fajita Style Chicken Pasta uses Mexican style spice mix to give a similar smokiness to the sauce, which pairs perfectly with the creamy sauce.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Rigatoni Pasta 13)	180g	270g	360g
Diced British Chicken Thigh**	240g	390g	520g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*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	532g	100g	532g	100g
Energy (kJ/kcal)	3365 / 804	633 / 151	3104 / 742	584 / 139
Fat (g)	31.4	5.9	21.3	4.0
Sat. Fat (g)	14.4	2.7	11.4	2.1
Carbohydrate (g)	83.9	15.8	83.6	15.7
Sugars (g)	16.2	3.0	16.2	3.0
Protein (g)	48.3	9.1	51.2	9.6
Salt (g)	2.02	0.38	1.95	0.37

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.

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Get Prepped

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

Halve, peel and thinly slice the **onion**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

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



Cook the Veg

Pop the (now empty) pan back on high heat (no need to clean). Add another drizzle of **oil** (if needed).

Add the **sliced pepper** and **onion** to the pan. Stir in the **sugar** (see pantry for amount), then season with **salt** and **pepper**. Stir-fry until the **veg** has softened, 4-5 mins.

Once softened, add the **browned chicken** back into the pan, along with the **Mexican style spice mix** and the **garlic**. Stir-fry for 30 secs.



Cook the Pasta

When the **water** is boiling, add the **rigatoni** to the pan 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.



Sauce and Simmer

Next, stir the **water for the sauce** (see pantry for amount) and **chicken stock paste** into the **chicken**.

Bring to the boil and simmer until the **chicken** is cooked through and the **sauce** has reduced by half, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Once the **sauce** has reduced, stir in the **soured cream** and the **hard Italian style cheese**. Season with **salt** and **pepper**, then bring to the boil and simmer until slightly thickened, 2-3 mins. Remove from the heat.



Fry the Chicken

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

Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Once browned, transfer the **chicken** to a small bowl.

↔ Swap to Chicken Breast

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



Finish and Serve

Add the **cooked pasta** to the **sauce** and stir together to combine.

Taste and add more **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.

Share the **fajita style pasta** between your bowls.

Enjoy!