



Presto Pesto Chicken Penne

with Cheddar and Rocket

Quick 20 Minutes

16



Penne Pasta



Garlic Clove



Mature Cheddar
Cheese



Diced British
Chicken Breast



Chicken Stock
Paste



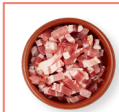
Creme Fraiche



Pesto



Wild Rocket



British Smoked
Bacon Lardons

Pantry Items
Oil, Salt, Pepper

+ Add Bacon Lardons

If you chose to add bacon lardons, 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, saucepan, colander, garlic press, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Penne Pasta 13	180g	270g	360g
Garlic Clove**	1	2	2
Mature Cheddar Cheese**	30g	40g	60g
7)			
Diced British Chicken Breast**	240g	390g	480g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Pesto 7)	32g	48g	64g
Wild Rocket**	20g	30g	40g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	394g	100g	439g	100g
Energy (kJ/kcal)	3593/859	913/218	4080/975	931/222
Fat (g)	40.4	10.3	49.5	11.3
Sat. Fat (g)	20.7	5.3	23.5	5.4
Carbohydrate (g)	71.9	18.3	72.8	16.6
Sugars (g)	5.8	1.5	5.8	1.3
Protein (g)	51.4	13.1	59.1	13.5
Salt (g)	2.14	0.54	3.36	0.77

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

Allergens

7) Milk **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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Pasta

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- 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.



Start the Sauce

- Add the **garlic** to the **cooked chicken** and cook for 1 min.
- Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**.
- Bring to a boil, then simmer until reduced by half, 3-4 mins.



Get Prepping

- While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).
- Grate the **cheese**.



Combine and Stir

- Stir the **crema fraiche** into the **sauce** and simmer for 3-4 mins, then remove from the heat.
- Mix in the **cooked penne**, **half the cheese** and **three quarters of the pesto**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little too thick.



Fry the Chicken

- 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**.
- 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.

+ Add Bacon Lardons

If you're adding **bacon**, add to the pan halfway through cooking the **chicken**. Stir-fry, 4-5 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Finish and Serve

- Share the **creamy chicken pesto pasta** between your bowls.
- Drizzle over the remaining **pesto** and sprinkle with the remaining **cheese**.
- Top with a handful of **rocket** to finish.

Enjoy!