



# Creamy Chicken Pesto Penne

with Cheddar and Rocket

Rapid 20 Minutes

12



Penne Pasta



Garlic Clove



Mature Cheddar Cheese



Diced Chicken Breast



Chicken Stock Paste



Creme Fraiche



Fresh Pesto



Rocket

**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

Kettle, saucepan, colander, garlic press, grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Penne Pasta <b>13</b> )	180g	270g	360g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** <b>7</b> )	30g	40g	60g
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** <b>7</b> )	150g	225g	300g
Fresh Pesto** <b>7</b> )	50g	82g	100g
Rocket**	20g	30g	40g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	125ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3758 /898	1074 /257
Fat (g)	44.2	12.6
Sat. Fat (g)	21.5	6.1
Carbohydrate (g)	71.7	2½
Sugars (g)	6.3	1.8
Protein (g)	49.9	14.3
Salt (g)	2.04	½8

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Cook the Pasta

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan on high heat with  $\frac{1}{2}$  **tsp salt**.
- 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 **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 turn the heat down slightly.
- 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 pan 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, adding a splash of **water** if it's 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. The chicken is cooked when no longer pink in the middle.*



## Finish and Serve

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

## Enjoy!