



# Creamy Lemon Chicken Linguine with Sugar Snap Peas

Family 25-30 Minutes

1



Lemon



Garlic Clove



Sugar Snap Peas



Diced Chicken Thigh



Linguine



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Diced Chicken

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Lemon**	½	½	1
Garlic Clove**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Diced Chicken Thigh**	260g	390g	520g
Linguine <b>13</b> )	180g	270g	360g
Crema Fraiche** <b>7</b> )	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	382g	100g	382g	100g
Energy (kJ/kcal)	3525 / 842	924 / 221	3264 / 780	855 / 204
Fat (g)	40.8	10.7	30.7	8.1
Sat. Fat (g)	20.8	5.4	17.8	4.7
Carbohydrate (g)	74.8	19.6	74.5	19.5
Sugars (g)	8.1	2.1	8.1	2.1
Protein (g)	48.0	12.6	50.8	13.3
Salt (g)	1.53	0.40	1.47	0.38

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, 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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## Prep the Veg

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

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

Slice the **sugar snap peas** in half lengthways.



## Sauce Things Up

Once the **chicken** is cooked, add the **garlic** and fry for 1 min.

Stir the **sugar snap peas**, **creme fraiche** and **chicken stock paste** into the same pan. Squeeze in some **lemon juice** and add the **water for the sauce** (see pantry for amount), then stir to combine. Season with **salt** and **pepper**.

Bring to the boil, mix in **half** the **Italian style hard cheese**, then lower the heat and simmer until slightly thickened, 5-6 mins.



## Fry the Chicken

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

Once hot, add the **diced chicken** 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.

## CUSTOM RECIPE

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



## Combine and Stir

Once thickened, add the **cooked pasta** to the **creamy sauce**. Toss together to coat well.

Taste and season with more **salt** and **pepper** if needed.



## Cook the Pasta

While the **chicken** cooks, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

When the **pasta** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Serve

Share the **creamy chicken linguine** between your bowls.

Top with a sprinkling of the remaining **cheese**.

## Enjoy!