



Creamy Pesto Pasta with Peas, Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

17



Garlic Clove



Penne Pasta



Creme Fraiche



Vegetable Stock
Paste



Peas



Baby Spinach



Fresh Pesto



Grated Hard Italian
Style Cheese



Diced Chicken
Breast

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

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

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|------|------|------|
| Garlic Clove** | 1 | 2 | 2 |
| Penne Pasta 13) | 180g | 270g | 360g |
| Creme Fraiche** 7) | 150g | 225g | 300g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Peas** | 120g | 240g | 240g |
| Baby Spinach** | 100g | 150g | 200g |
| Fresh Pesto** 7) | 50g | 82g | 100g |
| Grated Hard Italian Style Cheese** 7) 8) | 20g | 30g | 40g |
| Diced Chicken Breast** | 260g | 390g | 520g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Water for the Sauce* | 150ml | 225ml | 300ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|------------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 318g | 100g | 448g | 100g |
| Energy (kJ/kcal) | 3232 / 772 | 1018 / 243 | 3879 / 927 | 867 / 207 |
| Fat (g) | 40.0 | 12.6 | 42.3 | 9.5 |
| Sat. Fat (g) | 19.4 | 6.1 | 20.0 | 4.5 |
| Carbohydrate (g) | 78.9 | 24.9 | 79.0 | 17.7 |
| Sugars (g) | 9.5 | 3.0 | 9.6 | 2.2 |
| Protein (g) | 22.7 | 7.1 | 54.2 | 12.1 |
| Salt (g) | 1.86 | 0.58 | 2.05 | 0.46 |

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

Allergens

7) Milk **8)** Egg **10)** Celery **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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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan on high heat for the **pasta**.



Cook the Pasta

- Add the **penne** and $\frac{1}{2}$ **tsp salt** to your pan of **boiling water** 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 Garlic

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before adding the **garlic** and season. Fry until golden brown on the outside and cooked through, 8-10 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Make your Creamy Sauce

- Stir the **creme fraiche** and **vegetable stock paste** into the **garlic**.
- Add the **water for the sauce** (see pantry for amount) and stir to combine.
- Simmer, stirring occasionally, until the **sauce** has reduced and thickened slightly, 4-5 mins.



Hey Pesto

- Add the **peas** to the **sauce**, then add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Once the **penne** is cooked, add to the **sauce** and stir to coat well.
- Stir through the **pesto** and **hard Italian style cheese**.



Serve

- Share your **creamy pesto pasta** between your bowls.

Enjoy!