

# Herby Creamy Tomato Chicken Penne

with Peas and Cheddar

Family 30-35 Minutes • 2 of your 5 a day





so it'll still be just as delicious!



Garlic Clove





Cheese



Diced Chicken



Mixed Herbs

Breast





Penne Pasta



Tomato Passata



Chicken Stock



Peas



Creme Fraiche



#### Pantry Items

Oil, Salt, Pepper, Sugar

#### **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, grater, frying pan and colander.

#### Ingredients

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Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** <b>7</b> )	30g	40g	60g
Diced Chicken Breast**	260g	390g	520g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Penne Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Peas**	120g	240g	240g
Creme Fraiche** 7)	75g	120g	150g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

<sup>\*</sup>Not Included \*\*Store in the Fridge

Nutrition Custom Recipe						
NUCLICION			Custom Recipe			
Typical Values	Per serving	Per 100g	Per serving	Per 100g		
for uncooked ingredient	449g	100g	494g	100g		
Energy (kJ/kcal)	3154 / 754	703/168	3642/870	737 /176		
Fat (g)	22.3	5.0	31.4	6.4		
Sat. Fat (g)	12.0	2.7	14.9	3.0		
Carbohydrate (g)	82.4	18.4	83.3	16.9		
Sugars (g)	13.8	3.1	13.8	2.8		
Protein (g)	53.7	12.0	61.4	12.4		
Salt (g)	1.96	0.44	3.19	0.65		

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.

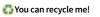
#### Contact

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## **Get Prepped**

Bring a large saucepan of water to the boil with 1/2 tsp salt for the penne.

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



## 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.

Once cooked, stir in the garlic and mixed herbs. Cook for 1 min more.



#### Pasta Time

Meanwhile, when your pan of water is boiling, 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.



If you've chosen to add bacon lardons to your meal, add them to the pan halfway through frying the chicken. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Sauce Things Up

Add the passata, chicken stock paste, sugar and water for the sauce (see pantry for both amounts) to the chicken.

Bring to a boil, then turn the heat down and simmer until slightly thickened, 5-6 mins.

Once thickened, stir in the **peas** and cook for 1-2 mins.



## Combine and Stir

Stir through the creme fraiche and Cheddar. Add the **cooked pasta** and season to taste with **salt** and **pepper**, then stir to combine.



#### Serve

When ready, share the **chicken pasta** between your bowls.

Enjoy!