



# Layered Creamy Chicken Pasta Bake with Tomato Sauce, Courgette and Cheese

Family 40-45 Minutes • Mild Spice • 3 of your 5 a day

1



Courgette



Rigatoni Pasta



Diced Chicken Thigh



Chicken Stock Paste



Finely Chopped Tomatoes



Mixed Herbs



Creme Fraiche



Grated Hard Italian Style Cheese



Diced Chicken Breast

### 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, frying pan, bowl, colander and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Courgette**	1	2	2
Rigatoni Pasta <b>13</b> )	180g	270g	360g
Diced Chicken Thigh**	210g	350g	390g
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes	1 carton	2 cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Creme Fraiche** <b>7</b> )	75g	150g	150g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	1½ tsp	2 tsp	3 tsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	556g	100g	581g	100g
Energy (kJ/kcal)	3151 / 753	567 / 135	3064 / 732	527 / 126
Fat (g)	27.7	5.0	20.0	3.4
Sat. Fat (g)	12.9	2.3	10.7	1.8
Carbohydrate (g)	83.4	15.0	83.2	14.3
Sugars (g)	18.0	3.2	18.0	3.1
Protein (g)	44.5	8.0	52.1	9.0
Salt (g)	2.25	0.4	2.23	0.4

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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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of water on to boil with ½ tsp salt for the **pasta**.

Trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.



## Cook the Pasta

Once boiling, add the **pasta** to the pan of **boiling water** and bring back to the boil.

Cook until tender, 12 mins.



## Char the Courgette

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

When hot, add the **courgette** and cook until charred, 6-8 mins. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.

Pop the frying pan back on medium-high heat with a drizzle of **oil**.



## Simmer the Sauce

Once the pan is hot, add the **diced chicken** and season well. Cook until browned all over, 5-6 mins.

Stir in the **chicken stock paste**, **chopped tomatoes**, **mixed herbs** and **sugar for the sauce** (see pantry for amount), then bring to a boil.

Reduce the heat and simmer until the **sauce** has thickened and the **chicken** is cooked, 3-4 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Assemble and Bake

When the **pasta** is cooked, drain in a colander and return to the pan. Mix in the **creme fraiche** and season with **salt** and **pepper**.

Once the **chicken** is cooked and the **sauce** has thickened, stir through the **charred courgette**.

Transfer to an ovenproof dish. Top with the **creamy pasta**, then sprinkle over the **hard Italian style cheese**.

Bake on the top shelf of your oven until the top is golden and a little crispy at the edges, 10-12 mins.



## Serve

When ready, share your **chicken pasta bake** between your serving bowls and tuck in.

## Enjoy!