



Layered Creamy Chicken Pasta Bake with Tomato Sauce, Peas and Cheese

Classic 40-45 Minutes • 1 of your 5 a day

5



Diced Chicken Thigh



Chicken Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Dried Oregano



Rigatoni Pasta



Creme Fraiche



Peas



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, saucepan, frying pan, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	210g	350g	390g
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Dried Oregano	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13	180g	270g	360g
Crème Fraîche** 7	150g	225g	300g
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	443g	100g	468g	100g
Energy (kJ/kcal)	3592 / 859	811 / 194	3506 / 838	749 / 179
Fat (g)	39.2	8.8	31.4	6.7
Sat. Fat (g)	20.2	4.6	17.9	3.8
Carbohydrate (g)	83.1	18.8	82.9	17.7
Sugars (g)	14.7	3.3	14.7	3.1
Protein (g)	46.2	10.4	53.9	11.5
Salt (g)	2.38	0.54	2.37	0.51

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.
Fill and boil your kettle.

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



Cook the Pasta

Meanwhile, add the **pasta** 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 return to the pan. Mix in the **crème fraîche** and season with **salt** and **pepper**.



Brown the Chicken

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

Once hot, add the **chicken**. Season with **salt** and **pepper**, then cook until browned all over, 5-6 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Assemble and Bake

Once the **chicken** is cooked, stir through the **peas**, then transfer to an ovenproof dish.

Top with the **creamy pasta** and cover with 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.



Simmer the Sauce

Once the **chicken** has browned, add the **chicken stock paste**, **chopped tomatoes** (see ingredients for amount) and **boiled water for the sauce** (see pantry for amount) from your kettle to the pan.

Stir in the **dried oregano**, bring to the boil, then reduce the heat to medium until the **sauce** is simmering.

Cook, stirring occasionally, until the **sauce** has thickened and the **chicken** is cooked, 12-15 mins.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Serve

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

Enjoy!