













Ultimate Creamy Chicken and Bacon Rigatoni Bake with Parmigiano Reggiano, Cheddar and Rocket Salad

36

Ultimate 40-45 Minutes



-  Mature Cheddar Cheese
-  Garlic Clove
-  Rigatoni Pasta
-  Diced Chicken Breast
-  Bacon Lardons
-  Chicken Stock Paste
-  Creme Fraiche
-  Parmigiano Reggiano
-  Rocket
-  Balsamic Glaze

Pantry Items
Oil, Salt, Pepper, Butter, Plain Flour

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, grater, garlic press, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	3	4	5
Rigatoni Pasta 13)	180g	270g	360g
Diced Chicken Breast**	260g	390g	520g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Parmigiano Reggiano** 7)	20g	30g	40g
Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Butter*	30g	45g	60g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	4418 /1056	1117 /267
Fat (g)	54.7	13.8
Sat. Fat (g)	31.0	7.8
Carbohydrate (g)	80.1	20.2
Sugars (g)	8.9	2.3
Protein (g)	59.1	15.0
Salt (g)	2.75	0.70

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

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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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Cook the Pasta

Preheat your grill to high. Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **rigatoni**.

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

When boiling, add the **rigatoni** to the **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.



Sauce Things Up

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **chicken stock paste**. Bring to the boil, then stir and simmer until thickened, 1-2 mins.

Mix in the **creme fraiche** and **both cheeses**. Taste and season with **salt** and **pepper** if needed.



Fry the Chicken and Bacon

Meanwhile, 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.

Halfway through, add the **bacon lardons** to the pan and stir-fry until golden, 4-5 mins.

Once cooked, transfer the **chicken** and **bacon** to a plate. **IMPORTANT:** *Wash your hands and equipment after handling raw meat and its packaging. The chicken is cooked when no longer pink in the middle. Cook lardons thoroughly.*



Get Grilling

Stir the **cooked pasta**, **chicken** and **bacon** into the **sauce**. Cook until piping hot, 1-2 mins, then transfer to an ovenproof dish.

Grill your **pasta** bake until golden and crispy, 6-8 mins.



Make your Roux

Pop the (now empty) frying pan back on medium-high and melt in the **butter** (see pantry for amount).

Once melted, stir in the **garlic** and cook for 1 min, then stir in the **flour** (see pantry for amount).

Cook until it forms a **paste**, 1-2 mins - you've made a **roux**!



Finish and Serve

When everything's ready, share your **ultimate chicken** and **bacon rigatoni bake** between your plates.

Serve the **rocket** on the side drizzled with the **balsamic glaze**.

Enjoy!