



Creamy Chicken Pasta Bake

with parsley and bell pepper

Family 45-50 mins

5



Diced Chicken Breast



Bell Pepper



Parsley



Chicken Stock



Dried Rigatoni



Creme Fraiche



Grated Italian Style Hard Cheese



Passata



Dried Thyme

Pantry Items: Water, Oil, Pepper, Salt



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, oven dish

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Bell Pepper	1 unit	2 units
Parsley	5 g	10 g
Chicken Stock	1 sachet	2 sachets
Dried Rigatoni	180 g	360 g
Crema Fraiche	65 g	110 g
Grated Italian Style Hard Cheese	50 g	100 g
Passata	1 pack	2 packs
Dried Thyme	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	472.5 g	100 g
Energy (kJ/kcal)	3091 kJ/ 739 kcal	653.3 kJ/ 156.1 kcal
Fat (g)	20.4 g	4.3 g
Sat. Fat (g)	11.5 g	2.4 g
Carbohydrate (g)	85 g	18 g
Sugars (g)	17.9 g	3.8 g
Protein (g)	50 g	10.6 g
Salt (g)	3.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

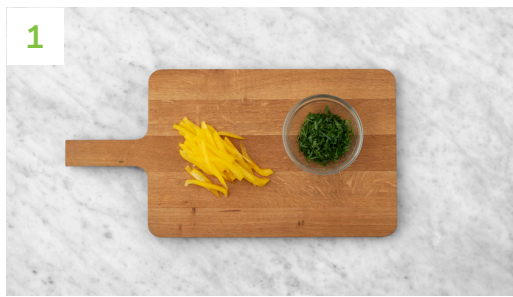
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **rigatoni**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **parsley** (stalks and all).



Brown the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken** and **bell pepper**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.
- Cook, shifting occasionally, until the **chicken** is browned all over, 5-6 mins.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Cook the Pasta

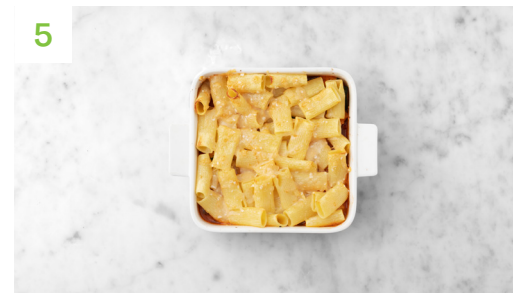
- Meanwhile, add the **pasta** to the pot of boiling **water** and cook until softened, 12 mins.
- When the **pasta** is cooked, drain in a colander and return to the pot, off the heat.
- Mix in the **creme fraiche** and season with **salt** and **pepper**.



Simmer the Sauce

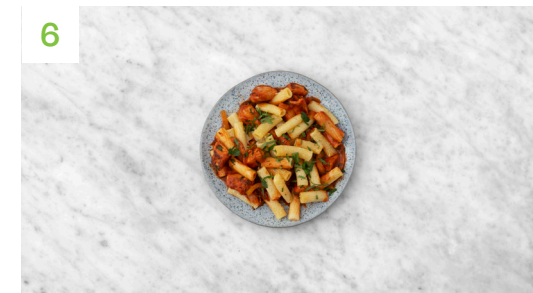
- Meanwhile, add the **dried thyme**, **stock powder**, 25ml **water** (double for 4p) and **passata** to the pan with the **chicken**.
- Bring to the boil, then reduce the heat to medium. Season with **salt** and **pepper**.
- Simmer until the sauce has thickened and the veg is softened, stirring occasionally, 12-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Loosen the sauce with a splash of water if you feel it's too dry.



Bake the Pasta

- Stir **half** the **parsley** into the **chicken**.
- Transfer the contents of the pan to an oven dish and top with the creamy **pasta**.
- Sprinkle over the **Italian style cheese**.
- Pop onto the top shelf of your oven.
- Bake until golden and a little crunchy at the edges, 10-12 mins.



Finish and Serve

- Divide your creamy **chicken pasta** bake between deep plates or bowls.
- Finish with a sprinkling of the remaining **parsley**.

Enjoy!