



Creamy Chicken & Red Pesto Penne

with Herb Pangrattoto & Salad

Grab your Meal Kit
with this symbol



Parsley



Garlic



Cherry Tomatoes



Chicken Breast



Garlic & Herb
Seasoning



Panko Breadcrumbs



Penne



Light Thickened
Cream



Red Pesto



Mixed Salad
Leaves

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

Tonight, cosy up to this creamy, comforting penne bowl loaded with succulent chicken, garlic, crunchy pangrattato and our more-ish red pesto made of sun-dried tomato. We've added a crisp salad to tie it all together.

Pantry items

Olive Oil, Balsamic Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bag	1 bag
garlic	1 clove	2 cloves
cherry tomatoes	1 punnet	2 punnets
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
panko breadcrumbs	½ packet	1 packet
penne	1 packet	2 packets
light thickened cream	1 packet (150ml)	2 packet (300ml)
red pesto	1 sachet (50g)	1 sachet (100g)
balsamic vinegar*	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4045kJ (966Cal)	805kJ (192Cal)
Protein (g)	47.5g	9.5g
Fat, total (g)	43.8g	8.7g
- saturated (g)	15.3g	3g
Carbohydrate (g)	92.7g	18.5g
- sugars (g)	13.2g	2.6g
Sodium (mg)	604mg	120mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **parsley**. Finely chop the **garlic**. Slice the **cherry tomatoes** into halves. Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine the **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. Set aside.



Cook the pangrattato

Heat a large frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **panko breadcrumbs** (see ingredients) and cook, stirring, until golden brown, **4-5 minutes**. Transfer to a small bowl. Add the **parsley** and season with **salt** and **pepper**.



Cook the pasta

While the pangrattato is cooking, cook the **penne** in the boiling water until 'al dente', **10 minutes**. Drain and return to the saucepan. Add a drizzle of **olive oil** to prevent the **pasta** from sticking together.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes**. Remove from the heat and transfer to a bowl. Return the frying pan to a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **light thickened cream** and **red pesto**. Season. Cook until slightly thickened, **2-3 minutes**. Return the **chicken** (and resting juices) to the pan and stir through the **penne**.



Make the salad

While the sauce is cooking, combine the **balsamic vinegar**, **honey** and a small drizzle of **olive oil** in a medium bowl. Season. Add the **cherry tomatoes** and **mixed salad leaves** and toss to combine.



Serve up

Divide the chicken and creamy red pesto penne between bowls and top with the herb pangrattato. Serve with the salad.

Enjoy!