



# Dinner: Chicken and Bacon Veg Toss

Lunch: Creamy Pesto Chicken and Pancetta Pasta Salad

Nº 20

**DINNER TO LUNCH** 40 Minutes • 1 of your 5 a day

**DINNER**



**LUNCH**



Potato



Broccoli Florets



Penne Pasta



Bacon Lardons



Diced Chicken Thigh



Cavolo Nero



Pesto



Hard Italian Style Grated Cheese



Soured Cream



Wholegrain Mustard



Honey



Walnuts



## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Two Baking Trays, Colander, Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Broccoli Florets**	200g	300g	400g
Penne Pasta <b>13</b> )	200g	200g	400g
Bacon Lardons**	120g	150g	180g
Diced Chicken Thigh**	420g	560g	630g
Cavolo Nero**	1 small bag	1 medium bag	1 large bag
Pesto <b>7</b> )	1 pot	2 pots	2 pots
Hard Italian Style Grated Cheese <b>7) 8)</b> **	1 pack	2 packs	2 packs
Soured Cream <b>7)</b> **	150g	225g	300g
Wholegrain Mustard <b>9</b> )	1 pot	2 pots	2 pots
Honey	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Walnuts <b>2</b> )	1 small pot	1 large pot	1 large pot

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

### Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	511G	100G
Energy (kJ/kcal)	2572/ 622	504/ 122
Fat (g)	29	6
Sat. Fat (g)	10	2
Carbohydrate (g)	49	10
Sugars (g)	9	2
Protein (g)	41	8
Salt (g)	1.47	0.29
Lunch	Per serving	Per 100g
for uncooked ingredients	382G	100G
Energy (kJ/kcal)	3238/ 780	848/ 204
Fat (g)	28	7
Sat. Fat (g)	11	3
Carbohydrate (g)	77	20
Sugars (g)	5	1
Protein (g)	51	13
Salt (g)	1.58	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2)** Nut **7)** Milk **8)** Egg **9)** Mustard **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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## 1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks. Pop the **broccoli florets** on a baking tray (chop any larger **florets** in half) drizzle with **oil** and season with **salt** and **pepper**.



## 4. Finish the Pasta

Once you've turned the **potatoes**, roast the **broccoli** on the middle shelf of your oven until tender, 10-12 mins. Then remove and pop the **cavolo nero** on top. Drizzle with **oil** and season with **salt** and **pepper**. Pop back on the middle shelf of your oven to roast until the **cavolo nero** is tender, 4-5 mins. Meanwhile, add the **pesto**, a handful of the **hard Italian cheese** and all but 1 tbsp of **sour cream** per person to the **pasta**. Add 2 portions of **chicken** and **bacon** and stir together (this is for your lunch).



## 2. Roast the Potatoes

Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Add the **penne** to the boiling **water** and simmer until tender, 12 mins. Once cooked, drain in a colander, pop back in the pan and drizzle with **oil**.



## 5. Finish and Serve

Put the **mustard** and **honey** into a bowl with with the **olive oil** (see ingredients for amount). Mix together. Once cooked, add the **potatoes** to the large bowl with the remaining **chicken** and **bacon**. Add in all but a small handful of the **greens**. Pour in the **dressing** and gently toss to coat. Serve the **chicken**, **bacon** and **potato** toss in bowl, top with a spoonful of **sour cream** and the remaining **cheese**. Sprinkle over the **walnuts**.

Enjoy!



## 3. Cook the Meat

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **bacon** and stir fry until browned, 3-4 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Remove from your pan to a large bowl with a slotted spoon (leave the **oil** behind in the pan). Pop your pan back on medium high heat and add the **chicken**. Season with **pepper** and fry until the **chicken** is browned and cooked through, 8-10 mins. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle. Add to the bowl with the **bacon**.

LUNCH FOR TWO



## 6. Finish Making Lunch!

Add the remaining **veg** to the pan with the **pasta** and gently stir together. Add **salt** and **pepper** to taste. Divide between containers, cover and pop in your fridge for your lunch the next day - once ready to eat, reheat until piping hot in the microwave or enjoy cold.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.