



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Chicken and Romanesco Pasta Bake with Bacon and Courgette

We bet you're wondering what that strange coral like vegetable is in your box this week? Well that folks is our veggie of the month ... Romanesco! This fascinating veggie is a cross between broccoli and cauliflower and if you can bring yourself to chop it up (we found it hard to stop admiring it), it goes beautifully in André's creamy bacon and chicken sauce, enjoy!



40 mins



family box



2 of your
5 a day



Romanesco (1)



Courgette (1)



Echalion Shallot
(1)



Garlic Clove (1)



Streaky Bacon
(4 rashers)



Chicken Breast (4)



Penne (400g)



Chicken Stock Pot
(1)



Water (200ml)



Double Cream
(1 pot)



Hard Italian Vegetarian
Cheese (3 tbsps)

4 PEOPLE INGREDIENTS

- Romanesco, florets **1**
- Courgette, chopped **1**
- Echalion Shallot, sliced **1**
- Garlic Clove, grated **1**
- Streaky Bacon **4 rashers**
- Chicken Breast **4**
- Penne **400g**
- Chicken Stock Pot **1**
- Water **200ml**
- Double Cream **1 pot**
- Hard Italian Vegetarian Cheese **3 tbsp**

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	841 kcal / 3549 kJ	27 g	15 g	83 g	8 g	62 g	2 g
Per 100g	140 kcal / 589 kJ	5 g	3 g	14 g	1 g	10 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The number of spirals on the head of a romanesco is derived from a very special mathematical pattern, called The Fibonacci Series

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.



1 Pre-heat your oven to 200 degrees and pop two large pots of water on high heat (these will be for the penne and romanesco later). Prepare the **romanesco** by chopping it in half from the pointy end to the root and then chopping in half lengthways again. Separate the **romanesco** into little florets as you would with a broccoli or cauliflower (see picture) and keep to one side.



2 Remove the top and bottom of the **courgette** and then quarter the **courgette** lengthways. Chop each length into 1cm chunks. Cut the **shallot** in half through the root, peel and then slice into thin half moon shapes. Peel and grate the **garlic**. Cut the **streaky bacon** into 1cm wide pieces and then cut each **chicken breast** into 1cm thick slices.



3 When the pots of water are boiling, add a generous pinch of **salt** to each pot and cook the **penne** for 11 mins in one pot and the **romanesco** for 7 mins in the other.
Tip: *The romanesco is cooked when it is soft and tender.* Drain in a colander when cooked and return to their pots off the heat.

4 As your **pasta** and **romanesco** cook, get on with your sauce. Heat a frying pan on medium-high heat and add a splash of **oil**. Season your **chicken** pieces with **salt** and **pepper** and when the oil is hot, cook your **chicken** for 5 mins turning frequently until golden-brown all over and no longer pink in the middle.



5 Add your **courgette**, **shallot** and **bacon** to the pan. Cook for another 5 mins. Stir in your **garlic** and **chicken stock pot** and cook for 30 seconds. Pour in the **water** (specified in the ingredient table above), stir well to dissolve your **stock pot** and bring to the boil. Pour in the **double cream** and mix well.

6 Mix your **sauce** into your cooked **pasta** and get ready to assemble your pasta bake. Spoon half of your **pasta mix** into an ovenproof dish, then spoon over your cooked **romanesco**. Top with the rest of your **pasta** and then sprinkle over some **hard Italian cheese**.

7 Pop your **pasta bake** in your oven for 5 mins until it is piping hot and then turn on your grill. Pop under your grill for 3 mins until the **cheese** is bubbling and golden.

8 Spoon a generous amount of your **pasta bake** into each bowl and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!