



Peri-Peri Chicken Pasta with Cheddar Cheese and Parsley

Extra Rapid 10 Minutes • Medium Spice

27



Bell Pepper



Garlic Clove



Flat Leaf Parsley



Fresh Tagliatelle



Peri-Peri Seasoning



Tomato Passata



Sun-Dried
Tomato Paste



Pulled Chicken



Cheddar Cheese



Rocket

Before you start

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

Cooking tools, you will need:

Large Saucepan, Large Frying Pan, Sharp Knife, Cutting Board, Fine Grater (or Garlic Press), Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Fresh Tagliatelle	200g	300g	400g
8) 13)			
Peri-Peri Seasoning	1 large pot	1 small & 1 large pot	2 large pots
Tomato Passata	1 carton	1½ carton	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Sun-Dried Tomato Paste	1	2	2
Pulled Chicken**	200g	300g	400g
Cheddar Cheese 7)**	60g	90g	120g
Rocket**	40g	40g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	2255 /539	485 /116
Fat (g)	16	3
Sat. Fat (g)	8	2
Carbohydrate (g)	52	11
Sugars (g)	12	3
Protein (g)	44	9
Salt (g)	3.17	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1



2



3



Get Prepped

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) While the **oil** is heating up, halve the **pepper** and discard the core and seeds. Slice into thin strips.

d) Add the **pepper** to the hot **oil** and fry until tender and coloured, 3-4 mins.

e) Meanwhile, peel and grate the **garlic** (or use a garlic press), finely chop the **parsley** (stalks and all).

Simmer!

a) Add the **pasta** to the boiling **water** and simmer until tender, 3-4 mins.

b) Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.

c) Meanwhile, once the **pepper** is soft, add the **garlic** and **peri-peri seasoning** and stir together. Cook for 1 minute.

d) Pour in the **passata**, **water** (see ingredients for amount) and add the **sun-dried tomato paste**.

e) Season with **salt**, **pepper** and a pinch of **sugar**.

f) Add the **pulled chicken**, stir together, bring to the boil and simmer until the **sauce** has reduced slightly and the **chicken** is piping hot, 2-3 mins.

Finish and Serve

a) Taste the **sauce** and add **salt**, **pepper** and **sugar** if you feel it needs it.

b) Add the drained **pasta** to the **sauce** and toss together. **TIP:** Add a splash of water if the **sauce** has reduced too much.

d) Serve the **pasta** in bowls and grate over the **cheese**.

e) Sprinkle over the **parsley**.

f) Serve with a handful of **rocket** on top.

Enjoy!