

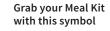
# Rustic Chicken & Bacon Red Pesto Penne

with Herb Pangrattato & Salad

COSY COMFORTS

HALL OF FAME

KID FRIENDLY











Chicken Breast





Garlic & Herb Seasoning



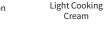
Panko Breadcrumbs







Diced Bacon



Red Pesto



**Baby Spinach** 



**Pantry items** 

Balsamic)

Olive Oil, Vinegar (White Wine or



Prep in: 20-30 mins Ready in: 30-40 mins 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.



**EXCLUSIVELY IN CINEMAS** 

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD! Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

### CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

 $Large\ saucepan \cdot Large\ frying\ pan$ 

# Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
parsley	1 packet	1 packet	
pear	1	2	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
panko breadcrumbs	½ medium packet	1 medium packet	
penne	1 medium packet	2 medium packets	
diced bacon	1 medium packet	1 large packet	
light cooking cream	1 medium packet	1 large packet	
red pesto	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
baby spinach leaves	1 medium packet	1 large packet	
diced bacon**	1 medium packet	1 large packet	
* Dantry Itoms ** Custom Posino Ingradient			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4172kJ (997Cal)	759kJ (181Cal)
Protein (g)	59.9g	10.9g
Fat, total (g)	41.1g	7.5g
- saturated (g)	13.5g	2.5g
Carbohydrate (g)	92g	16.7g
- sugars (g)	17.2g	3.1g
Sodium (mg)	1041mg	189mg
Dietary Fibre (g)	7.7g	1.5g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4560kJ (1090Cal)	<b>767kJ</b> (183Cal)
Protein (g)	66.8g	11.2g
Fat, total (g)	47.9g	8.1g
- saturated (g)	16g	2.7g
Carbohydrate (g)	92.8g	15.6g
- sugars (g)	17.7g	3g
Sodium (mg)	1472mg	248mg
Dietary Fibre	7.7g	1.4g

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.

#### We're here to help!

Scan here if you have any questions or concerns





# Get prepped

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

**Little cooks:** Take charge by tossing the chicken in the seasoning!



# Cook the pangrattato

- In a large frying pan, heat a good drizzle of olive oil over medium-high heat. Cook panko breadcrumbs (see ingredients), stirring, until golden brown, 4-5 minutes
- Transfer to a bowl, add parsley and season to taste.



# Cook the pasta

- While the pangrattato is cooking, add penne to the boiling water and cook until 'al dente',
  12 minutes.
- Reserve ¼ cup **pasta water**. Drain **pasta** and return to the saucepan.



### Cook the chicken

- Wipe out frying pan and return to high heat with a drizzle of olive oil. Cook chicken and diced bacon, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.
- Return frying pan to medium heat. Cook light cooking cream and red pesto until slightly thickened, 1-2 minutes.
- Return chicken (and resting juices) to pan and stir through penne. Season to taste.

**TIP:** Add a splash of pasta water if the sauce mixture looks too thick.

**Custom Recipe:** If you've doubled your diced bacon, cook bacon, as above.



## Make the salad

 Meanwhile, in a second medium bowl, combine a drizzle of vinegar, olive oil and pinch of salt and pepper. Add pear and baby spinach leaves and toss to combine.

**Little cooks:** *Take the lead by tossing the salad!* 



# Serve up

- Divide rustic chicken and bacon red pesto penne between bowls and top with the herb pangrattato.
- Serve with the salad. Enjoy!

Rate your recipe