



# Seared Chicken & Confit Cherry Tomato Pasta

with Parmesan Cheese & Rocket

SKILL UP

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Snacking Tomatoes



Garlic



Celery



Italian Herbs



Chilli Flakes (Optional)



Passata



Vegetable Stock Powder



Orecchiette



Chicken Breast



Garlic & Herb Seasoning



Rocket Leaves



Parmesan Cheese

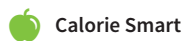


Chicken Breast



Pork Loin Steaks

Prep in: 20-30 mins  
Ready in: 35-45 mins



Calorie Smart

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Cook cherry tomatoes, garlic and Italian herbs in olive oil to heighten and preserve their flavour, then turn them into a baked sauce that will delight and satisfy.

### Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Medium or large baking dish · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
snacking tomatoes	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
celery	1 medium packet	1 large packet
Italian herbs	1 medium sachet	1 large sachet
chilli flakes  (optional)	1 pinch	1 pinch
passata	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
orecchiette	1 medium packet	2 medium packets
chicken breast	1 medium packet	OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
rocket leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	510kJ (122Cal)
Protein (g)	54.6g	10.4g
Fat, total (g)	8.6g	1.6g
- saturated (g)	4g	0.8g
Carbohydrate (g)	80.6g	15.3g
- sugars (g)	11.1g	2.1g
Sodium (mg)	1360mg	259mg
Dietary Fibre (g)	8.5g	1.6g

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](https://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

- Preheat oven to **200°C/180°C fan-forced**.
- Halve **snacking tomatoes**.
- Peel **garlic cloves**.
- Thinly slice **celery**.



## Cook the chicken

- While the pasta is cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **chicken, garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** The chicken is cooked through when it's no longer pink inside.



## Confit the tomatoes

- Combine **tomatoes, garlic cloves, Italian herbs**, a pinch of **chilli flakes** (if using) and **olive oil** (¼ cup for 2 people / ½ cup for 4 people) in a baking dish.
- Season with **salt** and **pepper**, then roast until blistered, **20-25 minutes**.
- Remove baking dish from oven, then using a fork, mash **garlic** and lightly crush **tomatoes**.
- Stir in **passata, vegetable stock powder** and the **brown sugar** until combined. Roast until slightly reduced, a further **5-10 minutes**.



## Bring it all together

- Remove **confit tomato sauce** from the oven. Add **confit tomato sauce** to the **pasta** and toss to combine. Season to taste.
- In a medium bowl, combine **rocket, celery** and a drizzle of **vinegar** and **olive oil**.

**TIP:** Add a splash of reserved pasta water to the pasta if it looks dry!



## Cook the pasta

- When the tomatoes have **10 minutes** remaining, boil the kettle.
- Pour boiled water into a large saucepan, place over high heat with a generous pinch of **salt**.
- Cook **orecchiette** in boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / ¼ cup for 4 people). Drain **orecchiette**, then return to saucepan.



## Serve up

- Slice chicken.
- Divide confit cherry tomato pasta between bowls.
- Top with chicken, rocket salad and **Parmesan cheese**.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO PORK LOIN STEAKS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

