

Rustic Chicken & Bacon Red Pesto Penne

with Herb Pangrattato & Salad

HALL OF FAME

KID FRIENDLY



Grab your meal kit with this number









Carrot





Garlic & Herb



Seasoning

Panko Breadcrumbs





Penne

Diced Bacon



Light Cooking



Cream

Red Pesto



Baby Spinach Leaves





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.

Pantry items

Olive Oil, 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

Large saucepan · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 packet	1 packet
apple	1	2
carrot	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

^{*}Pantry Items

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)	9.1g	1.7g

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.



Get prepped

- Bring a large saucepan of salted water to the boil over high heat.
- Finely chop parsley.
- Thinly slice apple.
- Grate carrot.
- · 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 chicken resting juices to pan and stir through penne. Season to taste.

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

if necessary.



Make the salad

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

Little cooks: Take the lead by tossing the salad!

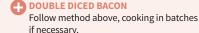


Serve up

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



DOUBLE CHICKEN BREAST
Follow method above, cooking in batches



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

