



Chicken & Bacon Red Pesto Penne

with Herb Pangrattato & Apple Salad

KID FRIENDLY

Grab your meal kit with this number

4



Recipe Update
We've replaced the baby capsicum in this recipe with apple due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Parsley



Apple



Carrot



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Penne



Diced Bacon



Light Cooking Cream



Red Pesto



Baby Spinach Leaves



Diced Bacon



Chicken Breast

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

Eat Me Early

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

	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)	4059kJ (970cal)	384kJ (92cal)
Protein (g)	60g	5.7g
Fat, total (g)	41g	3.9g
- saturated (g)	13.5g	1.3g
Carbohydrate (g)	86.6g	8.2g
- sugars (g)	12.3g	1.2g
Sodium (mg)	1041mg	98.4mg
Dietary Fibre (g)	7.9g	0.7g

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 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 the reserved pasta water if the sauce mixture looks too thick.



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 with **salt** and **pepper**.



Make the salad

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

Little cooks: Take the lead by tossing the salad!



Cook the pasta

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

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

