



Chicken & Bacon Red Pesto Penne

with Herb Pangrattato & Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Parsley



Pear



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Penne



Diced Bacon



Light Cooking Cream



Red Pesto



Mixed Salad Leaves



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.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bag	1 bag
pear	1	2
chicken breast	1 small packet	2 small packets
garlic & herb seasoning	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
penne	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 medium packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	2 small packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4193kJ (1002Cal)	839kJ (201Cal)
Protein (g)	56.2g	11.3g
Fat, total (g)	43.5g	8.7g
- saturated (g)	14.1g	2.8g
Carbohydrate (g)	88.7g	17.8g
- sugars (g)	14.3g	2.9g
Sodium (mg)	1032mg	207mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4954kJ (1184Cal)	746kJ (178Cal)
Protein (g)	89.4g	13.5g
Fat, total (g)	48.7g	7.3g
- saturated (g)	15.8g	2.4g
Carbohydrate (g)	88.7g	13.3g
- sugars (g)	14.3g	2.2g
Sodium (mg)	1121mg	169mg

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://www.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!

Custom Recipe: If you've doubled your chicken breast, follow instructions as above.



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.

Custom Recipe: For best results, cook chicken in batches.



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.



Make the salad

- Meanwhile, in second a medium bowl, combine a drizzle of the **vinegar**, **olive oil** and pinch of **salt** and **pepper**. Add **pear** and **mixed salad 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**.
- Reserve ¼ cup of **pasta water**. Drain pasta and return to the saucepan.



Serve up

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

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