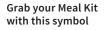


Chicken & Bacon Red Pesto Penne

with Herb Pangrattato & Salad

HALL OF FAME

KID FRIENDLY















Seasoning

Chicken Breast



Panko Breadcrumbs





Diced Bacon



Leaves



Red Pesto







Pantry items

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.



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

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



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!



Serve up

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

Rate your recipe

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