



# 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
<b>olive oil*</b>	refer to method	refer to method
parsley	1 bag	1 bag
pear	1	2
chicken breast	1 small packet	1 large packet
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)
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

\*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://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!

## Rate your recipe

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