



More Than Food  
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## Chicken with Rigatoni, Crème Fraîche and Tarragon

When André's kids dig into this dish, there are always very few words but lots of "mmmm!"s. Now, we're not saying that André's kids are the be all and end all of tasty food, but - they're pretty honest recipe testers.



30 mins



Onion (1)



Leek (1)



Courgette (1)



Garlic Clove (1)



Tarragon (1 sprig)



Chicken Breast (2)



Chicken Stock Pot (1)



Rigatoni (200g)



Crème Fraîche  
(½ small pot)



Lemon (1)

## Ingredients

2 PEOPLE    ALLERGENS

Onion, sliced	1	
Leek, chopped	1	
Courgette, chopped	1	
Garlic Clove, chopped	1	
Tarragon, chopped	1 sprig	
Chicken Breast	2	
Chicken Stock Pot	1	
Rigatoni	200g	Gluten
Crème Fraîche	½ small pot	Milk
Lemon	1	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

The word rigatoni comes from the Italian word rigato (rigatone being the augmentative and rigatoni the plural form), which means, ridged.

**Nutrition per serving:** Calories: 955 kcal | Protein: 52 g | Carbs: 84 g | Fat: 37 g | Saturated Fat: 13 g



**1** Put a large pot of water with ¼ tsp of **salt** on high heat and bring to the boil.

**2** Cut the **onion** in half through the root, peel and slice thinly into half moon slices. Remove the root from the **leek** and chop into ½cm slices. Remove the top and bottom from the **courgette**, cut lengthways into four strips. Chop each strip into three pieces.



**3** Peel and finely chop the **garlic**. Pick the **tarragon** leaves and discard the stalks. Roughly chop the leaves.



**4** Cut the **chicken breasts** into 2cm pieces, season with ¼ tsp of **salt** and a good grind of **black pepper**. Heat a large frying pan over high heat until hot and add ½ tbsp of **oil**. Add the **chicken** to the pan, brown on both sides and then remove from the pan. **Tip:** *Do this in batches if necessary, so as to not overcrowd the pan and stew the chicken.*



**5** Reduce the heat to medium and add the chopped **onion** and **leek**. Cook for 2 mins until they begin to soften. Add the **courgette** and **garlic**, then return the **chicken** to the pan. Pour in 250ml of **water**, bring to the boil and stir in the

**chicken stock pot** until it has dissolved. Reduce the heat to low, half cover the pan with a lid or foil and leave to cook for 10 mins.

**Tip:** *You want the stock in the pan to reduce by half as the chicken cooks, so take the lid off after 5 mins if there is too much liquid in the pan.*

**6** Pop the **rigatoni** in the pot of boiling water and cook for 10 mins. When cooked, drain in a colander and then return to the pot off the heat. Season your **rigatoni** with a pinch of **salt** and a good grind of **black pepper**.

**7** After 10 mins check if your **chicken** is cooked by making sure the centre is no longer pink. Pour in the **crème fraîche**. Add your chopped **tarragon**, a squeeze of **lemon** juice and then mix together with your drained **rigatoni**.

**8** Serve in deep bowls and enjoy!