



Dinner: Chicken and Bacon Veg Toss

Lunch: Creamy Pesto Chicken and Pancetta Pasta Salad

Nº 20

DINNER TO LUNCH 40 Minutes • 1 of your 5 a day

DINNER



LUNCH



Potato



Broccoli Florets



Penne Pasta



Bacon Lardons



Diced Chicken Thigh



Cavolo Nero



Pesto



Hard Italian Style Grated Cheese



Soured Cream



Wholegrain Mustard



Honey



Walnuts

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Two Baking Trays, Colander, Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Broccoli Florets**	200g	300g	400g
Penne Pasta 13)	200g	200g	400g
Bacon Lardons**	120g	150g	180g
Diced Chicken Thigh**	420g	560g	630g
Cavolo Nero**	1 small bag	1 medium bag	1 large bag
Pesto 7)	1 pot	2 pots	2 pots
Hard Italian Style Grated Cheese 7) 8) **	1 pack	2 packs	2 packs
Soured Cream 7) **	150g	225g	300g
Wholegrain Mustard 9)	1 pot	2 pots	2 pots
Honey	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	511G	100G
Energy (kJ/kcal)	2572/ 622	504/ 122
Fat (g)	29	6
Sat. Fat (g)	10	2
Carbohydrate (g)	49	10
Sugars (g)	9	2
Protein (g)	41	8
Salt (g)	1.47	0.29
Lunch	Per serving	Per 100g
for uncooked ingredients	382G	100G
Energy (kJ/kcal)	3238/ 780	848/ 204
Fat (g)	28	7
Sat. Fat (g)	11	3
Carbohydrate (g)	77	20
Sugars (g)	5	1
Protein (g)	51	13
Salt (g)	1.58	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7)** Milk **8)** Egg **9)** Mustard **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks. Pop the **broccoli florets** on a baking tray (chop any larger **florets** in half) drizzle with **oil** and season with **salt** and **pepper**.



4. Finish the Pasta

Once you've turned the **potatoes**, roast the **broccoli** on the middle shelf of your oven until tender, 10-12 mins. Then remove and pop the **cavolo nero** on top. Drizzle with **oil** and season with **salt** and **pepper**. Pop back on the middle shelf of your oven to roast until the **cavolo nero** is tender, 4-5 mins. Meanwhile, add the **pesto**, a handful of the **hard Italian cheese** and all but 1 tbsp of **sour cream** per person to the **pasta**. Add 2 portions of **chicken** and **bacon** and stir together (this is for your lunch).



2. Roast the Potatoes

Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Add the **penne** to the boiling **water** and simmer until tender, 12 mins. Once cooked, drain in a colander, pop back in the pan and drizzle with **oil**.



5. Finish and Serve

Put the **mustard** and **honey** into a bowl with with the **olive oil** (see ingredients for amount). Mix together. Once cooked, add the **potatoes** to the large bowl with the remaining **chicken** and **bacon**. Add in all but a small handful of the **greens**. Pour in the **dressing** and gently toss to coat. Serve the **chicken, bacon** and **potato** toss in bowl, top with a spoonful of **sour cream** and the remaining **cheese**. Sprinkle over the **walnuts**.

Enjoy!



3. Cook the Meat

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **bacon** and stir fry until browned, 3-4 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Remove from your pan to a large bowl with a slotted spoon (leave the **oil** behind in the pan). Pop your pan back on medium high heat and add the **chicken**. Season with **pepper** and fry until the **chicken** is browned and cooked through, 8-10 mins. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle. Add to the bowl with the **bacon**.

LUNCH FOR TWO



6. Finish Making Lunch!

Add the remaining **veg** to the pan with the **pasta** and gently stir together. Add **salt** and **pepper** to taste. Divide between containers, cover and pop in your fridge for your lunch the next day - once ready to eat, reheat until piping hot in the microwave or enjoy cold.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.