



Fettuccine Pesto Chicken

with Broccoli & Cherry Tomatoes



Master Al Dente Pasta



Broccoli



Free Range Chicken Thighs



Parmesan Cheese



Cherry Tomatoes



Fettuccine



Traditional Pesto

Pantry Staples



Balsamic Vinegar



Olive Oil



Hands-on: **20** mins
Ready in: **35** mins

Eat Me Early

Roasting cherry tomatoes with balsamic vinegar renders them rich and oozing with flavour – the perfect thing for a fettuccine dish with scrumptious pesto chicken and Parmesan cheese. Little trees of broccoli complete this easy to make, easy to like pasta dinner for the whole family to enjoy.

BEFORE YOU START

You will need: **chef's knife, chopping board, box grater, oven tray** lined with **baking paper, large saucepan** with a **lid, colander, medium frying pan** and **wooden spoon**. Let's start cooking the **Fettuccine Pesto Chicken with Broccoli & Cherry Tomatoes**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a large saucepan of **salted water** to the boil. Cut the **broccoli** into small florets. Cut the **chicken thighs** into 3 cm chunks. Finely grate the **Parmesan cheese**.



2 ROAST THE CHERRY TOMATOES

Place the cherry tomatoes on the prepared oven tray and drizzle with the **balsamic vinegar** and half of the **olive oil**. Toss to coat. Cook in the oven for **10 minutes**, or until the **cherry tomatoes** are soft and roasted.



3 COOK THE FETTUCINE AND BROCCOLI

➕ Add the **fettuccine** to the boiling water and cook for approximately **11 minutes**, or until 'al dente' which is Italian for "to the tooth". Add the **broccoli** in the last **2 minutes** of cook time. To test the pasta is ready, remove a strand from the saucepan and take a bite - it should be cooked but still a little firm to the bite. Drain the pasta and broccoli and return to the saucepan. Cover with a lid.



4 COOK THE CHICKEN

Meanwhile, heat the remaining **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken** and cook for **5-6 minutes**, or until lightly browned and cooked through.



5 TOSS THE INGREDIENTS

Add the **cherry tomatoes** and **chicken** to the pot with the fettuccine and broccoli. Stir through the **traditional pesto** and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the fettuccine between plates, top with the grated **Parmesan cheese** and get slurpin'!

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
broccoli	1 head
free range chicken thighs	1 packet
Parmesan cheese	1 block
cherry tomatoes	1 punnet
balsamic vinegar*	2 tbs
olive oil*	1 tbs
fettuccine	¾ packet
traditional pesto	1 tub (4 tbs)

*Pantry Items | ⓘ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	3320	760
Protein (g)	52	11.9
Fat, total (g)	36	8.2
- saturated (g)	8.2	1.9
Carbohydrate (g)	62.4	14.3
- sugars (g)	2.8	0.6
Sodium (mg)	430	99

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hello@hellofresh.com.au

2017 | WK12 | F4

