



Lemony Chicken Linguine

with Sugar Snap Peas



FAMILY Hands On Time: 35 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Red Onion



Flat Leaf Parsley



Lemon



Garlic Clove



Diced Chicken Thigh



Linguine



Sugar Snap Peas



Crème Fraîche



Chicken Stock Powder



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan and Colander.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	½	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Diced Chicken Thigh**	280g	420g	560g
Linguine 13	200g	300g	400g
Sugar Snap Peas**	1 pack	1 pack	1 pack
Crème Fraîche 7 **	100g	150g	200g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Grated Italian Style Hard Cheese 7 8 **	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	463g	100g
Energy (kJ/kcal)	3648 /872	787 /188
Fat (g)	37	8
Sat. Fat (g)	15	3
Carbohydrate (g)	87	19
Sugars (g)	12	3
Protein (g)	54	12
Salt (g)	1.32	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **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.

Contact

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Packed in the UK



1. Prep the Veg

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **onion**. Roughly chop the **parsley** (stalks and all). Halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).



4. Finish the Sauce

Once the **chicken** is cooked, add the **onions** and **garlic** back to the frying pan with the **chicken**, along with the **sugar snap peas**, stir to combine. Next, add the **crème fraîche** and **stock powder**. Squeeze in the **lemon juice** and add the **water** (see ingredients for amount). Season with **salt** and **pepper**. Bring to the boil, stir to dissolve the **stock powder** then reduce the heat and let simmer until slightly thickened, 5-6 mins.



2. Get Cooking

Heat a splash of **oil** in a large frying pan on medium heat. Add the **onion** and cook until soft, 5-6 mins, stir in the **garlic** and cook for 1 minute, then transfer to a bowl. Add another splash of **oil** to the pan if it's dry, increase the heat to medium high. Add the **chicken** and season with **salt** and **pepper**, fry until golden and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5. Add the Pasta

Add the drained **pasta** to the pan, along with the **three quarters** of the **parsley** and **three quarters** of the **cheese**. Toss together and taste once more to check for seasoning. Add **salt** and **pepper** if you feel it needs it.



3. Cook the Pasta

Meanwhile, add the **pasta** (see ingredients for amount) to the boiling **water** and boil until tender, 12 mins. Once cooked, drain in a colander. Pop back in your pan and drizzle with **oil** to stop it sticking together.



6. Serve and Dig In!

Divide the **creamy chicken pasta** between bowls and top with a sprinkling of the remaining **cheese** and the leftover **parsley**.

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.