



# PESTO CHICKEN & BOW-TIE PASTA

with Green Beans & Parmesan



Save time by cooking green beans with pasta



Green Beans



Red Onion



Chicken Breast



Farfalle Pasta



Traditional Pesto



Baby Spinach Leaves



Grated Parmesan Cheese

**Pantry Staples:** Olive Oil

Hands-on: 20 mins  
Ready in: 25 mins

Put your best-o foot forward with this tasty pesto. We've livened up classic pasta with succulent chicken, green beans and baby spinach.

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** • **large frying pan**



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Trim the ends of the **green beans**, then slice in half. Thinly slice the **red onion**. Cut the **chicken breast** into 1cm strips.



### 2 COOK THE PASTA & BEANS

Add the **farfalle pasta** to the saucepan of boiling water and cook for **8 minutes**. Add the **green beans** and cook for a further **2 minutes**, or until the pasta is 'al dente' and the beans are tender. Drain and return to the saucepan. **Drizzle** with **olive oil** to prevent sticking and toss to coat.



### 3 COOK THE ONION

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **red onion** and cook for **3-4 minutes**, or until softened.



### 4 COOK THE CHICKEN

Add the **chicken** to the onion and cook for **6-7 minutes**, or until cooked through. Season with a **pinch of salt** and **pepper**.

**TIP:** Try to cook the chicken in a single layer to avoid overcrowding.



### 5 BRING EVERYTHING TOGETHER

Add the **chicken strips**, **red onion**, **traditional pesto** and the **salt** to the saucepan with the farfalle and beans. Toss to combine. Season to taste with **salt** and **pepper**.

**TIP:** Seasoning is key in this dish so taste, season and taste again! Add the **baby spinach leaves** and toss to combine.



### 6 SERVE UP

Divide the warm pesto chicken & bow-tie pasta between bowls. Top with the **grated Parmesan cheese**.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
green beans	1 bag (200 g)
red onion	1
chicken breast	1 packet
farfalle pasta	2 packets
traditional pesto	1 tub (150 g)
salt*	¼ tsp
baby spinach leaves	1 bag (120 g)
grated Parmesan cheese	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3670kJ (878Cal)	802kJ (192Cal)
Protein (g)	60.5g	13.2g
Fat, total (g)	32.6g	7.1g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	79.4g	17.3g
- sugars (g)	6.6g	1.4g
Sodium (g)	587mg	128mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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