



Venetian Inspired Chicken Pasta

with Honey, Raisins and Walnuts



HELLO WHEAT PENNE

The name of this wheat pasta comes from the Latin for 'feather' because it looks like an old-fashioned quill pen!



Echalion Shallot



Garlic Clove



Green Beans



Walnuts



Flat Leaf Parsley



Diced Chicken Thigh



Raisins



Honey



Wheat Penne



Chicken Stock Powder



Crème Fraîche



Italian Style Grated Hard Cheese

MEAL BAG 6

35 mins

1 of your 5 a day

There can't be many more romantic cities than Venice. The Grand Canal lined with pastel-coloured palazzi, gondoliers singing serenades at sunset, the majesty of the Piazza San Marco... And let's not forget the delicious food! Sweet-savoury combinations are a Venetian speciality and they inspired Mimi to create this chicken pasta dish. We think you'll love the addition of raisins, honey and nuts.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Frying Pan, Colander** and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP TIME!

Put a large saucepan of water with a pinch of salt on to boil for the wheat pasta. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds. Roughly chop the **walnuts**. Roughly chop the **parsley** (stalks and all). Season the **chicken** with **salt** and **pepper**.



2 COOK THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Add the **chicken** and cook for 6-7 mins. Lower the heat to medium. Stir in the **raisins** and **honey**. **★ TIP: If you don't like raisins, just don't add.** Fry until the **chicken** is caramelised and cooked through, another 4-5 mins. **❗ IMPORTANT: The chicken is cooked when it is no longer pink in the middle.** Transfer the **chicken** and **raisins** to a bowl. Don't wash the pan!



3 BOIL THE WHEAT PASTA

Meanwhile, add the **wheat penne** to your pan of boiling water. Cook for 3 mins. Add the **green beans** and cook for 4 mins more. Once cooked, drain in a colander but reserve the cooking water in a measuring jug. Pop them back in the pan and drizzle with a little **olive oil** to stop them sticking together.



4 MAKE THE SAUCE

Place the now empty frying pan back on medium heat and add a drizzle more **oil**. When hot, add the **shallot**. Cook for 5 mins. Add the **garlic** and **three-quarters** of the **parsley**. Cook for 1 minute more. Next add the **stock powder**, pour in the reserved pasta cooking **water** (see ingredients for amount) and stir together.



5 FINISH THE SAUCE

Continue cooking the **sauce** for 3-4 mins. Return the **chicken** and **raisins** to the pan and cook for 3 more mins, or until the **chicken** is piping hot. Turn off the heat and stir through the **crème fraîche**. Combine the **sauce** with the **wheat pasta** and **beans** and stir everything together.



6 SERVE

Season your dish to taste with **salt** and **pepper**. Serve the **Venetian wheat pasta** in bowls, sprinkled with the remaining **parsley**, the **Italian style grated hard cheese** and the **walnuts**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--|--------------|--------------|---------------|
| Echalion Shallot * | 1 | 1 | 2 |
| Garlic Clove * | 1 | 2 | 2 |
| Green Beans * | 1 small pack | 1 large pack | 2 small packs |
| Walnuts 2) | 20g | 20g | 40g |
| Flat Leaf Parsley * | 1 bunch | 1 bunch | 1 bunch |
| Diced Chicken Thigh * | 280g | 420g | 560g |
| Raisins * | 1 bag | 1½ bags | 2 bags |
| Honey * | 1 sachet | ½ sachets | 2 sachets |
| Wheat Penne 13) | 200g | 300g | 400g |
| Chicken Stock Powder | ½ sachet | ¾ sachet | 1 sachet |
| Water* | 200ml | 300ml | 400ml |
| Crème Fraîche 7) * | 100g | 150g | 200g |
| Italian Style Grated Hard Cheese 7) 8) * | 20g | 30g | 40g |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 453G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 4096 / 979 | 904 / 216 |
| Fat (g) | 37 | 8 |
| Sat. Fat (g) | 12 | 3 |
| Carbohydrate (g) | 104 | 23 |
| Sugars (g) | 28 | 6 |
| Protein (g) | 62 | 14 |
| Salt (g) | 0.62 | 0.14 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 13) Gluten

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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