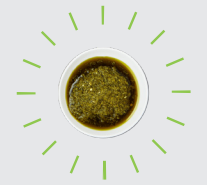




CREAMY CHICKEN PESTO BOW TIES

with Parmesan



Cook a family favourite pesto pasta dish



Lemon



Brown Onion



Garlic



Broccoli



Cherry Tomatoes



Zucchini



Chicken Breast



Farfalle



Cooking Cream



Traditional Pesto



Shaved Parmesan Cheese

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Time to get dressed up for dinner – that’s right, grab your bow tie! These cute pasta shapes add fanciful fun to the dish, and served with a creamy pesto sauce, loads of veg and tender chicken, it’s a family meal that tux all the boxes.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, box grater, large frying pan, plate** and **colander**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Cut the **broccoli** into 2cm florets and roughly chop the stalk. Slice the **cherry tomatoes** in half. Grate the **zucchini**. Cut the **chicken breast** into 2cm pieces



2 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add **1/2 the chicken breast** and cook for **4-5 minutes** or until browned and just cooked through. Season with a **pinch of salt** and **pepper** and set aside on a plate. Repeat with the remaining chicken breast.



3 COOK THE PASTA

While the chicken is cooking, add the **farfalle** to the boiling water. Cook for **10 minutes** or until 'al-dente'. In the last **3-4 minutes** of cook time, add the **broccoli** to the boiling water and cook until just tender. Drain, return to the pan and **drizzle with olive oil** to prevent sticking.



4 COOK THE VEGGIES

While the pasta is cooking, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **brown onion** and cook for **3 minutes** or until softened. Add the **garlic, cherry tomatoes** and **zucchini** and cook, stirring, for a further **2 minutes** or until almost softened and fragrant. Reduce the heat to low and add the **cooking cream, salt (see ingredients list)** and a **pinch of pepper**. Simmer for **3-4 minutes** or until the vegetables are tender.



5 BRING IT ALL TOGETHER

Return the cooked **chicken** and any **resting juices** to the pan and mix well. Remove the pan from the heat and stir through the **traditional pesto**. Add the **cooked farfalle** and **broccoli** to the pan and toss to coat. **TIP:** You can toss everything together in the saucepan if your frying pan isn't big enough. Season to taste with a squeeze of **lemon juice, salt** and **pepper**.

TIP: Seasoning is key in this dish, so taste, season with **lemon juice, salt** and **pepper** and taste again. **TIP:** If the kids don't like lemon juice, remove their portion before seasoning.



6 SERVE UP

Divide the creamy pesto pasta between bowls and top with the **shaved Parmesan cheese**.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	3 cloves
broccoli	1 head
cherry tomatoes	1 punnet
zucchini	1
chicken breast	1 packet
farfalle	2 packets
cooking cream	1 tub (300 mL)
salt*	½ tsp
traditional pesto	1 tub (100 g)
lemon	1
shaved Parmesan cheese	1 packet (30 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3790kJ (906Cal)	648kJ (155Cal)
Protein (g)	51.0g	8.7g
Fat, total (g)	38.1g	6.5g
- saturated (g)	14.1g	2.4g
Carbohydrate (g)	84.5g	14.5g
- sugars (g)	11.4g	2.0g
Sodium (g)	574mg	98mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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