



# CREAMY CHICKEN & TARRAGON PASTA

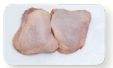
with Charred Zucchini and Cucumber Salad



Cook a creamy tarragon sauce



Zucchini



Chicken Thigh



Garlic



Tarragon



Cucumber



Chicken Stock



Rigatoni



Thickened Cream



Mixed Salad Leaves

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

Eat me early

We think tarragon deserves a little more love, so tonight we are giving it a moment in the limelight. A classic combination with chicken and creamy sauce, served atop piping hot pasta – it's all the comfort both you and this underrated herb were looking for.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic), Honey, Plain Flour



## 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, garlic crusher, small bowl, two medium bowls, colander, large frying pan, wooden spoon** and a **bowl**.



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Chop the **zucchini** and **chicken thigh** into 2 cm chunks. Peel and crush the **garlic**. Pick and finely chop the **tarragon** leaves (**use suggested amount**). In a small bowl, combine the **hot water** (**use suggested amount**) and **chicken stock** cube. Stir to dissolve. Slice the **cucumber** into half-moons.



### 2 COOK THE PASTA

Add the **rigatoni** (**use the suggested amount in order for your dish to be perfectly balanced, just the way we planned it!**) to the boiling water and cook for **7-8 minutes**, or until 'al dente'. Drain, return to the saucepan and **drizzle** with **olive oil** to prevent sticking.



### 3 COOK THE ZUCCHINI

While the pasta is cooking, heat a large frying pan over a medium-high heat. Once hot, add the **zucchini** and cook, stirring occasionally, for **5-6 minutes**, or until lightly golden and charred. Transfer to a bowl and season with a **pinch** of **salt** and **pepper**. In a medium bowl, mix the **plain flour** and a **pinch** of **salt** and **pepper**. Add the chicken and toss to coat.



### 4 MAKE THE TARRAGON SAUCE

Return the frying pan to a medium-high heat along with a **drizzle** of **olive oil**. Add the **chicken thigh** and cook for **4-5 minutes**, or until browned and cooked through. Add the **garlic** and cook for **1 minute**, or until fragrant. Pour in the **thickened cream** and **chicken stock** mixture and mix well. Reduce the heat to medium and simmer for **5 minutes**, or until slightly thickened. Stir in the **tarragon** (**1 tsp for 2 people / 2 tsp for 4 people**) and **zucchini**. Add the **rigatoni** and stir through to coat in the sauce. Season to taste with a **pinch** of **salt** and **pepper**.



### 5 MAKE THE SALAD

While the sauce is cooking, combine the **vinegar, honey, olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper** in a medium bowl. Add the **mixed salad leaves** and **cucumber** and toss to coat. **TIP:** Toss the salad just before serving to prevent soggy leaves.



### 6 SERVE UP

Divide the creamy chicken and charred zucchini tarragon rigatoni between bowls and top with a **good pinch** of **black pepper**. Serve the cucumber salad on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
chicken thigh	1 packet	1 packet
garlic	1 clove	2 cloves
tarragon	½ bunch	1 bunch
hot water*	2 tsp	1 tbs
chicken stock	1 cube	2 cubes
cucumber	1	2
rigatoni	¾ packet (200g)	¾ packet (400g)
plain flour*	2 tsp	1 tbs
thickened cream	1 tub (300 ml)	2 tubs (600 ml)
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4020kJ (961Cal)	703kJ (168Cal)
Protein (g)	50.7g	8.9g
Fat, total (g)	46.5g	8.1g
- saturated (g)	25.1g	4.4g
Carbohydrate (g)	81.9g	14.3g
- sugars (g)	9.7g	1.7g
Sodium (g)	235mg	41mg

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