



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

Hello@HelloFresh.com.au

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