



Cheesy Chicken Pasta Bake

with Mixed Salad

Grab your Meal Kit with this symbol



Onion



Capsicum



Garlic



Carrot



Chicken Breast



Penne



Dried Oregano



Tomato Paste



Chopped Tomatoes



Chicken-Style Stock Powder



Shredded Cheddar Cheese



Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 35-45 mins

Eat Me Early

Pasta with a herby tomato sauce, veggies and chicken all packed into one amazing piled-high pasta bake? If that's what you were hoping for then this dish won't disappoint you! Bake it in the oven, layer with cheese and serve with a side of salad.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
chicken breast	1 packet	1 packet
penne	1 packet	1 packet
dried oregano	1 sachet	1 sachet
tomato paste	1 packet	2 packets
chopped tomatoes	1 box	2 boxes
salt*	¼ tsp	½ tsp
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3440kJ (822Cal)	436kJ (104Cal)
Protein (g)	55.4g	7g
Fat, total (g)	23g	2.9g
- saturated (g)	8.5g	1.1g
Carbohydrate (g)	94g	11.9g
- sugars (g)	23.7g	3g
Sodium (mg)	1608mg	204mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Finely chop **onion**, **capsicum** and **garlic**. Grate the **carrot**. Cut **chicken breast** into 2cm chunks.

Little cooks: Don your goggles and have a crack at peeling off the onion's outer layer!



Cook the penne

Add **penne** to the boiling water and cook until 'al dente', **10 minutes**. Reserve some **pasta water** for the sauce (1/4 cup for 2 people / 1/2 cup for 4 people). Drain and return **pasta** to the saucepan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Remember the water is boiling, so be careful!



Cook the chicken

While the penne is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned, **3-4 minutes**. Transfer to a plate.

TIP: The chicken will finish cooking in step 5.



Make the sauce

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **capsicum** until starting to soften, **3-4 minutes**. Add **carrot** and cook until tender, **3-4 minutes**. Add **dried oregano**, **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add **chopped tomatoes**, the **salt**, **chicken-style stock powder** and reserved **pasta water**. Simmer until slightly thickened, **2-3 minutes**. Season to taste with **salt** and **pepper**.



Bake the pasta

Return the **chicken** and **penne** to the pan with the sauce. Toss to combine, then transfer to a baking dish. Sprinkle over **shredded Cheddar cheese** and bake in the oven until the cheese is melted and golden, **10 minutes**. While the pasta is baking, combine **mixed leaves**, the **balsamic vinegar** and a drizzle of **olive oil** in a large bowl.

Little cooks: Take the lead by tossing the salad!



Serve up

Divide cheesy chicken pasta bake between bowls. Serve with mixed salad.

Enjoy!