

# Chicken and Feta Pasta

with Artichoke Hearts and Sun-dried Tomatoes

**hellóchef**

This recipe combines the best of the best: Italian pasta and Greek feta!

Cals 928 • Prot 62 • Carbs 129 • Fat 19

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 20 min

R1931



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Fusilli pasta <b>10*</b>	250	375	500	Grams
Sauce				
Chicken breast	300	400	600	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Water	150	150	200	ML
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	0.5	1	1	Piece
Tomato passata	200	400	500	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Honey	15	15	30	Grams
Dried oregano	2	2	4	Grams
Black pepper	0.5	1	1	Tsp
Cream cheese <b>4*</b>	80	120	160	Grams
To serve				
Artichoke hearts	130	240	240	Grams
Sun dried tomatoes	30	60	60	Grams
Feta cheese <b>4*</b>	50	75	100	Grams
Fresh basil	15	15	15	Grams
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp

Allergens

**\*10 Wheat, \*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	3882 / 928
Fat (g)	18.8
of which saturates (g)	9.9
Carbohydrate (g)	129
of which sugars (g)	21.9
Fiber (g)	15.5
Protein (g)	61.8
Salt (g)	5.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



2 Prep vegetables

Meanwhile, chop the **chicken** into bite-sized pieces. Peel and finely chop the **onion** and **garlic**. Boil the **measured water** and dissolve the {0.5/1/1} **stock cube** and the **tomato passata** in it.



3 Simmer

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and **onion** with a pinch of **salt** and fry for 3 min. Add the **garlic** and cook for 2 min further. Add the **tomato stock, honey, oregano** and **black pepper**. Cook for 5 min.

**Tip!** Don't boil the sauce, only simmer it - otherwise the chicken will dry out.



4 Prep

Meanwhile, roughly chop the **artichoke hearts** and **sun dried tomatoes**.



5 Finish

Finally, add the **cream cheese** to the **tomato sauce** and mix until smooth. Toss the drained **pasta** in the **tomato sauce**.



6 Serve

Divide the **pasta** among bowls. Crumble the **feta cheese** over the **pasta** and top with the **artichoke hearts** and **sun dried tomatoes**. Garnish with the **fresh basil** leaves. Finish with a grind of **black pepper** and a drizzle of good quality **olive oil**.