

One-pot Creamy Chicken and Mushroom Pasta

hellóchef

If you eat all of this you won't have mush-room for pudding!

Cals 978 • Prot 64 • Carbs 104 • Fat 34

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🕒 cook: 30 min

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Before you start

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

Ingredients

Pasta & sauce	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Water	500	850	1000	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Chestnut mushrooms	250	250	500	Grams
Garlic cloves	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Cooking cream 4*	200	200	400	ML
Penne 5*, 10*, 11*	250	375	500	Grams
Fresh parsley	15	15	15	Grams
Grated Parmesan 4*	30	45	60	Grams
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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/kcal)	4074 / 978
Fat (g)	33.8
of which saturates (g)	18
Carbohydrate (g)	104
of which sugars (g)	6.4
Fiber (g)	7.9
Protein (g)	63.7
Salt (g)	3.1

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



1 Prep

Boil the **measured water** and dissolve the **stock cube** in it – this is your **chicken stock**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms** into small pieces. Peel and mince (or grate!) the **garlic**. Chop the **chicken** into small, bite-sized pieces.



2 Start pasta

Heat a pan over a high heat with a drizzle of **oil**. Add the **chicken** and **mushrooms** with a pinch of **salt** and fry for 6-7 min or until browned. Add the **garlic** and cook for 1 min further.

Tip! Not a fungus fan? Leave out the mushrooms and serve with steamed broccoli.



3 Simmer

Add the **cream** and **chicken stock** to the pot and bring to a boil. Add the **pasta**, stir well and cover with a lid. Reduce the heat to medium and simmer for 12-15 min or until the **pasta** is 'al dente'.

Tip! Stir occasionally to stop the pasta from sticking to the bottom of the pan.



4 Prep parsley

Meanwhile, finely chop the **parsley** leaves.



5 Finish pasta

Once cooked, add the **grated Parmesan** and half of the **parsley** to the **pasta** (reserve the rest for garnish). Season generously with **salt** and **pepper**.



6 Serve

Divide the **pasta** among bowls and garnish with the remaining **parsley**.

Tip! Feeling posh? Jazz it up with a drizzle of truffle oil!