

Creamy Chicken Rigatoni

with Zucchini and Tarragon

This cozy pasta dish is simple but tasty, thanks to a few key flavour additions - leeks, lemon zest and tarragon! This dinner is simplicity at its best.







Chicken Breast



Leek



Rigatoni







Chicken Broth





Sour Cream





Tarragon





Ingredients		2 People	4 People	*Not Included :⊑_	
Chicken Breast, 1" pieces		1 pkg (340 g)	2 pkg (680 g)	Allergens 54—	
Fresh Rigatoni	1)	1 pkg (170 g)	2 pkg (340 g)	1) Wheat/Blé	
Zucchini		2	4		
Onion, sliced		1 pkg (56 g)	1 pkg (113 g)		
Lemon		1	1		
Leek, ¼" sliced		1 pkg (113 g)	2 pkg (227 g)	Ruler 0 in 1	
Tarragon		1 pkg (7 g)	1 pkg (7 g)	Tools [∞] ○	
Garlic		1 pkg (10 g)	2 pkg (20 g)	Medium Pot, Large Pan,	
Chicken Broth Concentrate	Chicken Broth Concentrate		2	Measuring Cup, Measuring	
Sour Cream	2)	1 pkg	2 pkg	Spoons, Strainer, Zester	
Parmesan, shredded	2)	1 pkg (56 g)	2 pkg (113 g)		
Olive or Canola Oil*					

Nutrition per person Calories: 706 cal | Fat: 19 g | Protein: 64 g | Carbs: 70 g | Fiber: 4 g | Sodium: 836 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



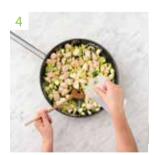
Prep: Wash and dry all produce. Bring a medium pot of **salted** water to a boil. Cut the **zucchini** lengthwise into four strips then chop each strip into 1/4-inch pieces. (TIP: Stack up the zucchini and slice them all at the same time!) Chop 1 tbsp tarragon leaves (double for 4 people) off the stems. Mince or grate the garlic. Zest, then halve the lemon.



2 Cook the veggies: Heat a large pan over medium-high heat. Add a drizzle of oil, then the onion and leeks. Cook until they start to turn golden, 5-6 min. Add the **chicken** and **garlic**. Cook, stirring occasionally, until the chicken is cooked through, 3-4 min.



3 Add the chicken broth concentrate(s) and zucchini. Cook until zucchini is tender-crisp, 2-3 min.



- 4 Cook the pasta: Meanwhile, add the rigatoni in the pot of boiling water and cook until tender, 2-3 min. Drain and toss into the sauce. Stir in the sour cream, tarragon, lemon zest, Parmesan and a squeeze of lemon juice.
- 5 Finish and serve: Spoon the pasta into bowls and enjoy!