



NOV  
2016

## 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



Rigatoni



Zucchini



Onion



Lemon



Tarragon



Leek



Garlic



Chicken Broth Concentrate



Sour Cream



Parmesan

## Ingredients

	2 People	4 People	
Chicken Breast, 1" pieces	1 pkg (340 g)	2 pkg (680 g)	
Fresh Rigatoni	1 pkg (170 g)	2 pkg (340 g)	
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)	
Tarragon	1 pkg (7 g)	1 pkg (7 g)	
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Chicken Broth Concentrate	1	2	
Sour Cream	1 pkg	2 pkg	
Parmesan, shredded	1 pkg (56 g)	2 pkg (113 g)	
Olive or Canola Oil*			

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

## Tools

Medium Pot, Large Pan, Measuring Cup, Measuring Spoons, Strainer, Zester

**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.*

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**1 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 ¼-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**.

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**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**.

4



**5 Finish and serve:** Spoon the **pasta** into bowls and enjoy!

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