

Seared Chicken & Confit Cherry Tomato Pasta

with Parmesan Cheese & Rocket

SKILL UP

KID FRIENDLY

Grab your meal kit with this number

41



Cherry Tomatoes



Garlic



Dried Oregano



Chilli Flakes (Optional)



Passata



Vegetable Stock Powder



Orecchiette



Chicken Breast



Garlic & Herb Seasoning



Rocket Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins



Protein Rich



Eat Me Early

Time to unleash your inner chef! Tonight's pasta dinner is extra fancy - we're going to confit the tomatoes to create a sweet and savoury sauce that allows this humble produce to shine. Garlic, herbs and chilli all add to the flavour, and with a slice of tender seared chicken on top, you won't be able to resist this show-stopping meal.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium baking dish · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	½ packet	1 packet
garlic	2 cloves	4 cloves
dried oregano	1 medium sachet	1 large sachet
chilli flakes  (optional)	pinch	pinch
passata	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
orecchiette	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
rocket leaves	1 small packet	2 small packets
vinegar* (white wine or balsamic)	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2854kJ (682Cal)	604kJ (144Cal)
Protein (g)	56.3g	11.9g
Fat, total (g)	14.1g	3g
- saturated (g)	4.5g	1g
Carbohydrate (g)	78g	16.5g
- sugars (g)	12.6g	2.7g
Sodium (mg)	1282mg	271mg
Dietary Fibre (g)	6.5g	1.4g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Halve **cherry tomatoes** (see ingredients).
- Peel **garlic cloves**.



Cook the chicken

- While the pasta is cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **chicken, garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked through when it's no longer pink inside.



Confit the tomatoes

- In a medium baking dish, combine **tomatoes, garlic cloves, dried oregano**, a pinch of **chilli flakes** (if using) and **olive oil** (¼ cup for 2 people / ½ cup for 4 people).
- Season with **salt** and **pepper**, then roast until blistered, **20-25 minutes**.
- Remove baking dish from oven, then using a fork, mash **garlic cloves** and lightly crush **tomatoes**.
- Stir in **passata, vegetable stock powder** and the **brown sugar** until combined. Roast until slightly reduced, a further **5-10 minutes**.



Bring it all together

- Remove **tomatoes** from the oven.
- To the saucepan with pasta, add **confit tomato sauce** tossing to combine. Season to taste.
- In a medium bowl, combine **rocket leaves** and a drizzle of **vinegar** and **olive oil**.

TIP: Add a splash of reserved pasta water if pasta looks dry!

Little cooks: Take the lead by tossing the salad leaves!



Cook the pasta

- When the tomatoes have **15 minutes** remaining, boil the kettle.
- Pour **boiled water** into a large saucepan with a generous pinch of **salt**.
- Cook **orecchiette** in boiling water over high heat until 'al dente', **8 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / ¼ cup for 4 people). Drain **orecchiette**, then return to the saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Finish & serve

- Slice chicken.
- Divide confit cherry tomato pasta between bowls. Top with seared chicken, rocket and **grated Parmesan cheese**.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Little cooks: Add the finishing touches by sprinkling over the cheese!

CUSTOM OPTIONS

+ DOUBLE GRATED PARMESAN CHEESE
Follow method above.

+ ADD DICED BACON
Before cooking chicken, cook bacon, breaking up with a spoon, until browned, 4-5 minutes. Transfer to a plate. To serve, sprinkle bacon over pasta.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

