



# Creamy Chicken and Fresh Rigatoni

with Roasted Squash and Cauliflower

Fresh Pasta

Spicy

Quick

25 Minutes



Chicken Tenders



Fresh Rigatoni



Cream



Butternut Squash,  
cubes



Onion, chopped



White Cheddar  
Cheese, shredded



Cauliflower, florets



Chili Flakes



Garlic Salt



All-Purpose Flour



Chives

HELLO RIGATONI

*The ridges on rigatoni are perfect for catching sauce!*

## Start here

- Before starting, preheat the broiler to high.
- Add 10 cups warm water and 2 tsp salt (use same for 4 ppl) to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Fresh Rigatoni	227 g	454 g
Cream	237 ml	474 ml
Butternut Squash, cubes	170 g	340 g
Onion, chopped	56 g	113 g
White Cheddar Cheese, shredded	1 cup	2 cups
Cauliflower, florets	285 g	570 g
Chili Flakes 🌶️	1 tsp	1 tsp
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Chives	7 g	14 g
Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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### Broil squash and cauliflower

- Thinly slice **chives**.
- Cut **cauliflower** into bite-sized pieces.
- Add **squash, cauliflower** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven until golden-brown and tender, 12-15 min.



### Cook rigatoni

- Meanwhile, add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 1-2 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl).
- Drain and return **rigatoni** to the same pot, off heat.



### Prep

- Meanwhile, pat **chicken** dry with paper towels, then cut **each tender** in half crosswise.
- Season with **garlic salt** and **pepper**.



### Make cream sauce

- Add **onions** to the pan with **chicken**. Cook, stirring occasionally, until softened, 1-2 min.
- Sprinkle **flour** over **onions and chicken**. Cook, stirring often, until coated, 1 min.
- Add **cream**, then bring to a boil. Cook, stirring often, until **sauce** thickens, 1 min.



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
  - When hot, add **1 tbsp butter**, then **chicken**. Cook, flipping occasionally, until cooked through, 5-6 min. \*\*
- (NOTE: Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp butter per batch.)



### Finish and serve

- Add **chicken and cream sauce, cheese, reserved pasta water, half the squash and cauliflower** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **rigatoni**. Stir until **cheese** melts, 1 min.
- Divide **rigatoni** between bowls, then top with **remaining squash and cauliflower**.
- Sprinkle with **chives** and **chili flakes**, to taste.

Dinner Solved!