

MARLEY SPOON



PR Pasta primavera with chicken, green beans,

courgette, dill and samphire



ca. 40min



2 personen

Premium recipe, non seasonal version of ID 17124621.

Wat je van ons krijgt

- 1 kipfilet
- 200g tagliatelle ¹
- 1 prei
- 1 courgette
- 200g voorgesneden sperziebonen
- 70g verse kruidenmix: dille & zeekraal
- 1 onbehandelde citroen
- 200ml slagroom ⁷
- 1 zakje kippenbouillonpoeder

Wat je thuis nodig hebt

- peper en zout
- 30ml olijfolie

Kookgerei

- middelgrote kookpan
- grote koekenpan met deksel
- keukenrasp
- citrusspers
- zeef of vergiet

Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

Allergenen

gluten (1), melk (7). Kan sporen van andere allergenen bevatten.

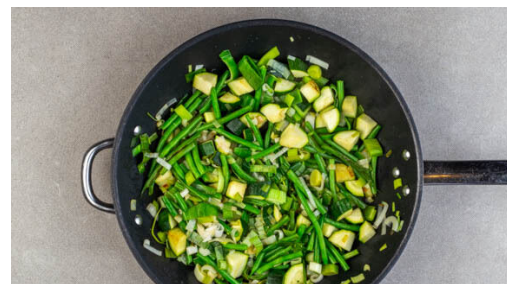
Voedingswaarde per portie

calorieën 0kcal



1. Fry meat

Pat the meat dry and season with a big pinch of salt. Heat 1Tbsp of olive oil in a large pan over high heat. Fry meat until well-browned, about 3min. on each side. Meanwhile, bring a medium pot with salted water to a boil for the pasta. Take meat out of pan and set aside on a plate. Keep the pan.



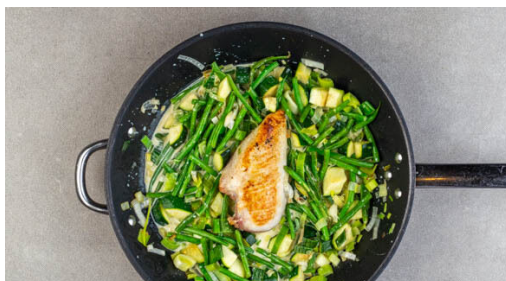
2. Fry vegetables

Cut leek into half lengthwise and then into thin half-moons. Cut courgette into half crosswise and then lengthwise and into 1-2cm cubes. Heat 1Tbsp of olive oil in the pan over medium-high. Add the leek, courgette and green beans and fry for 6-8min.



3. Prep ingredients

Meanwhile, finely chop the dill. Finely grate 1tsp of lemon zest. Then halve lemon and juice 1 lemon half. (The remaining half won't be used in this recipe.)



4. Simmer sauce

Add the cream, the lemon zest and ½ of the broth powder into the vegetables and stir to combine. Place the meat in between the vegetables and pour over any juices from the plate. Cover the pan and turn the heat to low. Simmer meat for 5-6min. on each side, until cooked through.



5. Cook pasta

Meanwhile, add the pasta to the boiling water and cook 7-8min. until al dente. Reserve a cup of pasta water, then drain the pasta in a sieve.



6. Finish pasta

Remove the meat from the pan. Stir the lemon juice, the dill, the samphire and a big pinch of pepper into the sauce. Add the pasta and enough of the pasta water to make it saucy. Simmer for ca. 2min., then taste and season with more broth powder and/or pepper as needed. Slice the meat on the diagonal. Serve the chicken slices on top of the pasta.