



Cooking Made Easy

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Roasted Cherry Tomato Spaghetti with Rocket & Citrus Chicken

Having created almost 600 recipes since we started, Patrick is always happy to get a bit of culinary inspiration! The latest shot of creativity came from a picture he saw on Twitter by Joe Munns, who is certainly no stranger to good nosh. Joe is one of the team who founded BakedIn - check out his cakes at www.bakedin.co.uk if you fancy a bit of pud afterwards!



30 min



family box



Cherry Tomatoes



Balsamic Vinegar



Pine Nuts



Chicken Breast



Spaghetti



Garlic Clove



Rocket



Parmesan Cheese



Lemon

Ingredients	2P	4P
Cherry Tomatoes, halved	-	2 cups
Balsamic Vinegar 1	-	1 tbsp
Pine Nuts	-	2 tbsp
Chicken Breast	-	3
Spaghetti 2	-	400g
Garlic Clove, diced	-	2
Rocket	-	1 bag
Parmesan Cheese, grated 3	-	3 tbsp
Lemon	-	1

- ⊕ May feature in another recipe
- * Good to have at home
- LH Step for little hands
- Allergens
 - 1) Sulphites | 2) Gluten
 - 3) Milk

Nutrition per serving: Calories: 721 kcal | Protein: 28 g | Carbs: 180 g | Fat: 31 g | Saturated Fat: 16 g



1 Pre-heat your oven to 200 degrees. Chop the cherry tomatoes in half. Peel and very finely dice the garlic.



2 **LH:** Toss the tomatoes in ¼ tsp of salt and a few grinds of black pepper. Drizzle over a couple of tsp of olive oil and the balsamic vinegar. Once they are totally coated put them flat side up in a roasting tin. Roast on the middle shelf of the oven for 20 mins then remove.



3 Heat a frying pan up on medium-high heat. Tip in your pine nuts and cook them (without oil) until they brown off. **Tip:** Watch them like you'd watch a toddler in a china shop - the moment you turn your back it could all go wrong!



4 Once the pine nuts are toasted remove them from the pan. Add a tbsp of olive oil to the pan, it should be really hot by now so lay in your chicken breasts. Cook the chicken for 3 mins on one side to brown it off then remove to an ovenproof dish and cook in the oven for 15 mins, or until cooked through (keep the pan to save washing up!).

5 Boil a large pot of water with ½ tsp of salt for your pasta. Once rapidly boiling add the spaghetti and cook until 'al dente'.

6 In the same pan you used for your chicken add 1 tbsp of olive oil. Put the pan on medium-low heat and add the garlic. Season with a pinch of salt and pepper and cook for a couple of mins. **Tip:** Be careful not to burn the garlic

7 When the spaghetti is ready drain it and add to the pan with the garlic. Add in the rocket together with the cherry tomatoes. Add ⅔ of the Parmesan cheese and toss everything together.

8 Serve the spaghetti into bowls and lay across some sliced chicken. Grate lemon zest over the top for a fresh touch and scatter on the pine nuts, remaining parmesan, a drizzle of olive oil and a pinch of salt and pepper.