






More Than Food
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Roasted Cherry Tomato Spaghetti with Rocket & Citrus Chicken

The world record for the largest bowl of pasta is an enormous 7,900 kg and was achieved in Poland in 2015. It took forty chefs a whopping nineteen hours to cook and prepare the pasta. Incredible!



30 mins



family box



spicy



Cherry Tomatoes
(2 punnets)



Garlic Clove (2)



Red Chilli
(2 tsp)



Balsamic Vinegar
(1½ tbsp)



Pine Nuts (2 tbsp)



Chicken Thigh (8)



Lemon (1)



Spaghetti (360g)



Rocket (1 bag)




Parmesan Cheese
(3 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Cherry Tomatoes, halved	2 punnets	
Garlic Clove, chopped	2	
Red Chilli, chopped	2 tsp	
Balsamic Vinegar	1½ tbsp	Sulphites
Pine Nuts	2 tbsp	
Chicken Thigh	8	
Lemon	1	
Spaghetti	360g	Gluten
Rocket	1 bag	
Parmesan Cheese, grated	3 tbsp	Milk

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

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Cherry tomatoes contain lycopene, an antioxidant that has been shown to lower the risk of both cardiovascular disease and cancer.

2



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

2 Heat a frying pan on medium-high heat. Tip in your pine nuts and toast 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!

3



3 LH: Toss the tomatoes in ½ tsp of salt and a few grinds of black pepper. Drizzle over 2 tsp of olive oil and the balsamic vinegar. Once they are totally coated put them flat side up in a baking tray. Roast on the middle shelf of the oven for 15-20 mins then remove.

4



4 Once the pine nuts are toasted remove them from the pan. Add 1 tbsp of olive oil to the pan, it should be really hot by now so lay in your chicken thighs skin-side down and season with a pinch of salt and a few grinds of pepper each. Cook the chicken for 3 mins on one side to brown it off then place on a baking tray, skin-side up. Grate a little lemon zest over

7



the top of the chicken 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 Add 1 tbsp of olive oil to the pan you used for the chicken and place on medium-low heat. Add the garlic and chilli (as much as you dare!) and season with a pinch of salt and pepper, cook for a 2 mins.

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

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!