



Creamy Chicken and Tomato Penne

with Spinach and Cheese

Family 30-35 Minutes • 1 of your 5 a day

7



Garlic Clove



Baby Plum Tomatoes



Mature Cheddar
Cheese



Diced Chicken Breast



Italian Style Herbs



Tomato Puree



Penne Pasta



Chicken Stock Paste



Baby Spinach



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, frying pan and colander.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** 7)	30g	45g	60g
Diced Chicken Breast**	280g	420g	560g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Penne Pasta 13)	180g	270g	360g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Creme Fraiche** 7)	75g <td>120g</td> <td>150g</td>	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	3006/718	642/153
Fat (g)	22.3	4.8
Sat. Fat (g)	12.0	2.6
Carbohydrate (g)	71.6	15.3
Sugars (g)	8.7	1.9
Protein (g)	55.1	11.8
Salt (g)	1.48	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **penne**.

Peel and grate the **garlic** (or use a garlic press).
Halve the **baby plum tomatoes**.

Grate the **Cheddar**.



Start the Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

Stir in the **garlic**, **Italian style herbs**, **tomato puree** and **baby plum tomatoes** and cook for 1 min more.



Pasta Time

Meanwhile, once the pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Add the Spinach

Add the **water for the sauce** (see ingredients for amount) and **chicken stock paste** to the pan with the **chicken**. Bring to a boil, then turn the heat down and simmer for 3-4 mins.

Stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



Finish Up

Once the **spinach** has wilted, stir through the **creme fraiche** and **half the Cheddar**.

Add the **cooked pasta** and season to taste with **salt** and **pepper**, then stir to combine.



Serve

Share the **chicken pasta** between your bowls and sprinkle over the remaining **Cheddar** to finish.

Enjoy!