



# Creamy Chicken Pasta

with Courgette Ribbons

N° 7

**FAMILY** Hands On Time: 25 Minutes • Total Time: 35 Minutes • 1.5 of your 5 a day



Onion



Garlic Clove



Rosemary



Lemon



Courgette



Cheddar Cheese



Diced  
Chicken Breast



Chicken Stock  
Powder



Crème Fraîche



Spaghetti

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Vegetable Peeler, Coarse Grater, Frying Pan, Measuring Jug and Sieve.

### Ingredients

	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Rosemary**	½ bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Courgette**	1	2	2
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Diced Chicken Breast**	280g	420g	560g
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Crème Fraîche 7)**	100g	150g	200g
Spaghetti 13)	200g	300g	400g
Olive Oil for the Herby Drizzle*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	3671 /878	679 /162
Fat (g)	34	6
Sat. Fat (g)	13	2
Carbohydrate (g)	92	17
Sugars (g)	16	3
Protein (g)	57	11
Salt (g)	1.24	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Prepped

Fill and boil your kettle. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Zest and halve the **lemon**. Trim the **courgette**, then use a vegetable peeler to peel long ribbons along the length of half the **courgette**. Quarter the remaining half lengthways and chop widthways into small pieces. Grate the **cheddar**.



## 4. Cook the Pasta

While the sauce is cooking, pour the boiled **water** from the kettle into a large saucepan over high heat. Bring back to the boil then add 0.5 tsp of **salt** and the **spaghetti** (see ingredients for amount you need). Cook until tender, 8 mins, then drain in a sieve (save a little of the **pasta water** to loosen up the sauce later on!). Return the **pasta** to the now empty saucepan off the heat, drizzle over a little **olive oil** and stir through to stop the **pasta** from sticking together.



## 2. Brown the Chicken

Heat a splash of **oil** in a large frying pan over high heat. Once hot, add the **chicken** and **half** the **rosemary**, season with **salt** and **pepper**, stir-fry until browned all over, 5-6 mins. Once coloured, pop the **chicken** into a bowl and set to one side. **IMPORTANT:** We'll finish cooking the chicken later! Add a glug of **oil** to the pan and return to medium heat. Stir in the **onion** and a good pinch of **sugar**. Cook, stirring occasionally, until soft and sticky, 5-6 mins.



## 5. Make the Drizzle

Meanwhile, pop the **lemon zest**, remaining **rosemary** and **olive oil** (see ingredients for amount) into a small bowl. Mix together then season with a pinch of **salt** and **pepper**. Once the **chicken** has cooked and the **sauce** has thickened, stir in the **cheddar** and add the **drained spaghetti** to the pan. Toss to coat in the **sauce**. Cook until piping hot. **TIP:** Add a splash of pasta water if the sauce is too thick!



## 3. Make the Sauce

Once your **onions** are soft, increase the heat slightly and add the **chopped courgette**. Cook until starting to colour, 4-5 mins, then add the **garlic**. Cook for one minute. Pour in the **water** for the sauce (see ingredients for amount), **chicken stock powder**, **crème fraîche** and a knob of **butter** (if you have it!). Return the **chicken** to the pan and simmer until cooked, 7-8 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle! Add the **courgette ribbons** for the final 2 mins.



## 6. Finishing Touches

To finish, add a squeeze of **lemon juice** to the **pasta**. Taste and season well with **salt** and lots of **pepper**. Add a little more **lemon juice** if needed. Divide the **spaghetti** between your bowls and spoon over the **rosemary drizzle**.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.