

Creamy Chicken Pasta

with Courgette Ribbons

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













Flat Leaf Parsley





Courgette



Diced Chicken Breast





Chicken Stock Powder



Spaghetti



Crème Fraîche

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P	
Onion**	1	1	1	
Garlic Clove**	2 cloves	3 cloves	4 cloves	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Lemon**	1/2	3/4	1	
Courgette**	1	1½	2	
Diced Chicken Breast**	280g	420g	560g	
Water for the Sauce*	150ml	225ml	300ml	
Chicken Stock Powder	1 sachet	1½ 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 ingredients	531g	100g		
Energy (kJ/kcal)	3460 /827	652/156		
Fat (g)	31	6		
Sat. Fat (g)	11	2		
Carbohydrate (g)	92	17		
Sugars (g)	16	3		
Protein (g)	53	10		
Salt (g)	0.82	0.16		

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

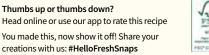
7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepared

Fill and boil your kettle. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the parsley (stalks and all). 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.



2. Brown the Chicken

Heat a splash of oil in a large frying pan over high heat. Once hot, add the chicken, 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.



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 1 minute. Pour in the water for the sauce (see ingredients for amount), chicken stock powder, creme fraiche 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.



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 the spaghetti and a good pinch of salt. 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 and drizzle over a little **olive oil** to stop the pasta from sticking together.



5. Make the Drizzle

Meanwhile, pop the lemon zest, half the parsley 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, add the drained spaghetti and remaining parsley 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!



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 parsley 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.