



Creamy Chicken Pasta

with Courgette Ribbons

N° 9

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



Onion



Garlic Clove



Flat Leaf Parsley



Lemon



Courgette



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, 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**	½	¾	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.



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.



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.



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!**



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.



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.