



Spicy Creamy Chicken Pasta with Spinach

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

10



Penne Pasta



Garlic



Echalion Shallot



Diced Chicken Thigh



Cajun Spice



Tomato Passata



Chicken Stock Powder



Baby Spinach



Grated Hard Italian Style Cheese



Crème Fraîche

Before you start

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

Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Penne Pasta 13	200g	300g	400g
Garlic**	1 clove	2 cloves	2 cloves
Echalion Shallot**	1	1 ½	2
Diced Chicken Thigh**	280g	420g	560g
Cajun Spice	1	¾	1
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	40g	80g
Crème Fraîche 7)**	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	485g	100g
Energy (kJ/kcal)	3621/865	746/178
Fat (g)	33	7
Sat. Fat (g)	15	3
Carbohydrate (g)	85	17
Sugars (g)	10	2
Protein (g)	54	11
Salt (g)	1.96	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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, Soya, Gluten & Sulphites.

Contact

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 You can recycle me!



Cook the Pasta

a) Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.

b) When boiling add the **penne** to the **water** and cook until tender, 12 mins.

c) Once cooked, drain in a colander.

d) Pop back in the pan with a drizzle of **oil** and stir through to stop it sticking together.



Spice up Your Life

a) Add the **garlic** and **Cajun spice mix** (careful! It's hot! Add less if you don't like heat) and cook, stirring frequently for 1 minute.

b) Add the **water** (see ingredients for amount), **tomato passata** and **chicken stock powder**.

c) Bring to a boil and turn the heat down to simmer, cook stirring occasionally until thickened, 10-12 mins.



Veg Prep

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Halve, peel and thinly slice the **shallot**.



Finish it Off

a) Once the **sauce** has thickened slightly, add the **spinach** a handful at a time, stirring it in until wilted and piping hot, 1-2 mins.

b) Stir through **half** the **hard Italian style cheese**.

c) Stir through the **crème fraîche** and bring to the boil. Remove from the heat.

d) Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Cook the Chicken

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

b) Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw chicken.

c) Fry until golden brown on the outside, 5-6 mins.

d) Add the **shallot** to the **chicken**, and cook until soft, 3-4 minutes.



Time to Serve

a) Pop the drained **pasta** into the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.

b) Share the **pasta** and **sauce** between your bowls, sprinkle over the remaining **hard Italian style cheese**.

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.