

Spicy Creamy Chicken Pasta with Spinach

Customer Favourites 20 Minutes • Very Hot! • 1 of your 5 a day









Penne Pasta



Echalion Shallot







Diced Chicken Thigh



Cajun Spice



Tomato Passata



Chicken Stock



Baby Spinach



Grated Hard Italian Style Cheese



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Colander, Frying Pan, Bowl, Wooden Spoon.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Garlic Clove	1	2	2
Echalion Shallot	1	11/2	2
Diced Chicken Thigh	280g	420g	560g
Cajun Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach	40g	100g	100g
Grated Hard Italian Style Cheese 7) 8)	40g	65g	80g
Creme Fraiche 7)	75g	150g	150g
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 423g	Per 100g 100g
	3387 /810	716 /171
Energy (kJ/kcal)		110/111
Fat (g)	33	7
Sat. Fat (g)	15	3
Carbohydrate (g)	74	16
Sugars (g)	9	2
Protein (g)	51	11
Salt (g)	2.14	0.45

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

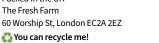
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Cook the Pasta

- 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 into the pan with a drizzle of oil and stir through to stop it sticking together.



Veg Prep

- a) Meanwhile, peel and grate the garlic (or use a garlic press).
- **b)** Halve, peel and thinly slice the **shallot**.



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.



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



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 creme fraiche and bring to a boil. Remove from the heat.
- d) Taste and season with salt and pepper if needed.
- e) IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



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!