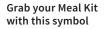


# Easy Creamy Chicken & Tomato Spaghetti

with Parsley

KID FRIENDLY









Spaghetti



Chicken Breast

Soffritto Mix





Tomato Paste

Nan's Special Seasoning





Cream







Prep in: 15-25 mins Ready in: 15-25 mins Golden ropes of spaghetti coated in a rich, creamy tomato sauce and tender chunks of chicken. Finished with a pinch

Eat Me Early CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps. **Pantry items** 

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan · Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	1 packet
garlic	3 cloves	6 cloves
chicken breast	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)
chilli flakes ∮ (optional)	pinch	pinch
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	773kJ (185Cal)
Protein (g)	46.8g	11g
Fat, total (g)	30.5g	7.2g
- saturated (g)	17.1g	4g
Carbohydrate (g)	76.4g	18g
- sugars (g)	12.1g	2.8g
Sodium (mg)	749mg	176mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3873kJ</b> (926Cal)	<b>815kJ</b> (195Cal)
Protein (g)	54.8g	11.5g
Fat, total (g)	42.7g	9g
- saturated (g)	21.6g	4.5g
Carbohydrate (g)	76.5g	16.1g
- sugars (g)	12.1g	2.5g
Sodium (mg)	1148mg	241mg

The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Cook the spaghetti

- Boil the kettle.
- Fill a large saucepan with boiling water and add a pinch of **salt**. Cook spaghetti in boiling water, over high heat, until 'al dente', 10 minutes.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people) then drain and return spaghetti to the saucepan with a drizzle of olive oil.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



#### Make the sauce

- Reduce heat to medium, then add cream (see ingredients) and some reserved pasta water (1/4 cup for 2 people / 1/2 cup for 4 people). Cook until slightly thickened, 1-2 minutes.
- Stir through cooked **spaghetti** and season to taste.

TIP: Add a splash more pasta water if the sauce looks too thick.



#### Cook the chicken

- Meanwhile, finely chop garlic. Cut chicken breast into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook chicken and soffritto mix, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Add garlic, tomato paste and Nan's special seasoning. Cook until fragrant, 1 minute.

Custom Recipe: If you've added diced bacon, cook with chicken and soffrito mix, breaking up bacon with a spoon, until golden, 6-7 minutes. Continue with step.



# Serve up

- Divide creamy chicken and tomato spaghetti between bowls.
- Sprinkle with chilli flakes (if using) and tear over parsley leaves to serve. Enjoy!

**Little cooks:** Help tear over the parsley.

