



Creamy Chicken & Tomato Spaghetti

with Parsley

KID FRIENDLY

Grab your Meal Kit with this symbol



Spaghetti



Garlic



Chicken Breast



Soffritto Mix



Tomato Paste



Nan's Special Seasoning



Cream



Chilli Flakes (Optional)



Parsley



Mild Chorizo

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early

Golden ropes of spaghetti coated in a rich, creamy tomato sauce and tender chunks of chicken. Finished with a pinch of chilli flakes if you like a bit of heat, this is nothing short of a small bite of heaven.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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	2 packets
garlic	3 cloves	6 cloves
chicken breast	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 bag (150g)	1 bag (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
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3274kJ (783Cal)	770kJ (184Cal)
Protein (g)	47.4g	11.1g
Fat, total (g)	30.1g	7.1g
- saturated (g)	17g	4g
Carbohydrate (g)	77.2g	18.1g
- sugars (g)	12.1g	2.8g
Sodium (mg)	750mg	176mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4554kJ (1088Cal)	867kJ (207Cal)
Protein (g)	65.5g	12.5g
Fat, total (g)	55.4g	10.5g
- saturated (g)	26.7g	5.1g
Carbohydrate (g)	79.2g	15.1g
- sugars (g)	12.1g	2.3g
Sodium (mg)	1640mg	312mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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1



Cook the spaghetti

- Boil the kettle.
- Fill a large saucepan with boiling water with 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!

3



Make the sauce

- Reduce heat to medium, then add **cream (see ingredients)** and some reserved **pasta water** (¼ cup for 2 people / ½ 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.

2



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 mild chorizo to your meal, cut chorizo into 1cm chunks. Cook chorizo with the chicken and soffritto mix until browned, 5-6 minutes. Continue as above.

4



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.

Rate your recipe

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