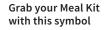


# Creamy Chicken & Tomato Spaghetti

with Parsley

KID FRIENDLY











Soffritto Mix

Chicken Breast





Tomato Paste







Cream

Chilli Flakes (Optional)



Parsley

**Pantry items** 

Olive Oil





Golden ropes of spaghetti coated in a rich, creamy tomato sauce and tender chunks of chicken. Finished with a pinch



#### 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

 $Large\ saucepan\cdot Large\ frying\ pan$ 

### Ingredients

3				
	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)	<b>1 bag</b> (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		

<sup>\*</sup>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 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 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!



#### 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.



#### 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.



# 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.

