



# Easy Creamy Chicken Spaghetti

with Chargrilled Capsicum & Baby Spinach Sauce

CUSTOMER FAVOURITE

BESTSELLER

KID FRIENDLY

Grab your Meal Kit with this symbol



Spaghetti



Tomato



Diced Chicken



Aussie Spice Blend



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Chicken

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

Eat Me Early

**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
<b>olive oil*</b>	refer to method	refer to method
spaghetti	1 packet	2 packets
tomato	1	2
diced chicken	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (756Cal)	762kJ (182Cal)
Protein (g)	47.6g	11.5g
Fat, total (g)	28.3g	6.8g
- saturated (g)	16.3g	3.9g
Carbohydrate (g)	74.3g	17.9g
- sugars (g)	10.1g	2.4g
Sodium (mg)	1349mg	325mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3822kJ (913Cal)	676kJ (162Cal)
Protein (g)	81g	14.3g
Fat, total (g)	30.7g	5.4g
- saturated (g)	17g	3g
Carbohydrate (g)	74.3g	13.1g
- sugars (g)	10.1g	1.8g
Sodium (mg)	1411mg	mg

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://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

2023 | CW45



1



## Cook the spaghetti

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **spaghetti** in boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **spaghetti**, then return to saucepan.

**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 **tomato**, and cook until softened, **3-5 minutes**.
- Add **Aussie spice blend**, and cook until fragrant, **1 minute**.
- Add **cream (see ingredients)**, **chicken-style stock powder**, **chargrilled capsicum relish** and reserved **pasta water**, stir to combine and simmer until slightly reduced, **1 minute**.
- Remove pan from heat, then add cooked **spaghetti** and **baby spinach leaves**, stirring until wilted. Season to taste.

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

2



## Cook the chicken

- Meanwhile, roughly chop **tomato**.
- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

**Custom Recipe:** If you've doubled your diced chicken, cook in batches for the best results. Return all chicken to the pan before step 3!

4



## Serve up

- Divide creamy chicken spaghetti between bowls.
- Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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