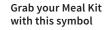


Creamy Tomato & Chicken Penne

with Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR













Diced Chicken

Tomato Paste



Garlic & Herb Seasoning

Baby Spinach

Chicken-Style Stock Powder



Grated Parmesan Cheese





Ready in: 20-30 mins

Eat Me Early

and a scattering of grated Parmesan cheese, this is the simple, yet tasty bowl of your (and our) dreams!

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
penne	1 packet	2 packets		
carrot	1	2		
diced chicken	1 packet	1 packet		
tomato paste	½ packet	1 packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
plant-based cream	½ packet (125ml)	1 packet (250ml)		
chicken-style stock powder	1 large sachet	2 large sachets		
baby spinach leaves	1 medium bag	1 large bag		
grated Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (685Cal)	645kJ (154Cal)
Protein (g)	51.7g	11.6g
Fat, total (g)	16.7g	3.8g
- saturated (g)	4.5g	1g
Carbohydrate (g)	77.8g	17.5g
- sugars (g)	9.8g	2.2g
Sodium (mg)	1738mg	391mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (825Cal)	698kJ (166Cal)
Protein (g)	59.7g	12.1g
Fat, total (g)	28.9g	5.8g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	77.8g	15.7g
- sugars (g)	9.9g	2g
Sodium (mg)	2137mg	432mg

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 pasta

- Boil the kettle. Pour boiling water into a large saucepan with a pinch of salt.
- Add penne to the boiling water and cook, 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 **penne** to the saucepan.
- Meanwhile, grate carrot.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

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



Make the creamy sauce

 Reduce heat to low, then add plant-based cream (see ingredients) to the chicken, along with chicken-style stock powder, cooked penne, baby spinach leaves, a splash of reserved pasta water and half the grated Parmesan cheese. Stir until warmed through, 1-2 minutes. Season to taste.

TIP: If the sauce looks too thick, stir through a splash more reserved pasta water to loosen.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook diced chicken and carrot, tossing occasionally, until browned and
 cooked through, 5-6 minutes.
- Add tomato paste (see ingredients) and garlic & herb seasoning and cook until fragrant, 1-2 minutes.

Custom Recipe: If you've added diced bacon, cook bacon with chicken and carrot, breaking up bacon with a spoon, 6-7 minutes.



Serve up

- Divide creamy tomato and chicken penne between bowls.
- Top with remaining Parmesan cheese. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.