



# Creamy Tomato & Chicken Penne

with Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Penne



Carrot



Diced Chicken



Tomato Paste



Garlic & Herb Seasoning



Plant-Based Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 20-30 mins

Eat Me Early

A penne for your thoughts? Well, we're thinking of tender chicken and pasta in a rich and creamy pink sauce. With carrot for goodness, and a scattering of grated Parmesan cheese, this is the simple, yet tasty bowl of your (and our) dreams!

**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
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](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



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1



## 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.

3



## 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.

2



## 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.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)