



Creamy Chicken & Tomato Spaghetti

with Chargrilled Capsicum & Baby Kale

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Spaghetti



Tomato



Chicken Thigh



Aussie Spice Blend



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Kale



Chilli Flakes (Optional)



Chicken Thigh

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

Eat Me Early

Light the candles, get out the red and white checked blanket and get ready to start twirling your fork. It's spaghetti night, this time with chicken in a rich chargrilled capsicum sauce and chilli flakes to light up your tastebuds. Twirl your pasta until your heart's content.

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	½ packet	1 packet
tomato	1	2
chicken thigh	1 small packet	2 small packets OR 1 large 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 kale	1 small bag	1 medium bag
chilli flakes (optional) 🌶️	pinch	pinch
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3158kJ (755Cal)	789kJ (189Cal)
Protein (g)	47g	11.7g
Fat, total (g)	28.3g	7.1g
- saturated (g)	16.3g	4.1g
Carbohydrate (g)	74.7g	18.7g
- sugars (g)	10.4g	2.6g
Sodium (mg)	1326mg	331mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3815kJ (912Cal)	693kJ (166Cal)
Protein (g)	80.4g	14.6g
Fat, total (g)	30.7g	5.6g
- saturated (g)	17g	3.1g
Carbohydrate (g)	74.7g	13.6g
- sugars (g)	10.4g	1.9g
Sodium (mg)	1387mg	252mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW49



1



Cook the spaghetti

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **spaghetti** (see ingredients) 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 the frying pan 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 kale**, 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**.
- Cut **chicken thigh** into 2cm chunks.
- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate