



Nan's Creamy Chicken Spaghetti

with Parmesan & Hidden Leek

CLIMATE SUPERSTAR

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Chicken Thigh



Spaghetti



Tomato Paste



Cream



Nan's Special Seasoning



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Thigh

Recipe Update

We've replaced the fettuccine in this recipe with spaghetti due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

This saucy creation uses a creamy tomato sauce to coat spaghetti, with chunks of tender chicken and flavoursome Parmesan. Add thinly sliced leek that melts into the sauce and baby spinach that gently wilts when tossed with the pasta, and you've got a new recipe that's sure to please everyone.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

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
leek	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
spaghetti	½ packet	1 packet
tomato paste	1 packet	2 packets
cream	½ packet (125ml)	1 packet (250ml)
Nan's special seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
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)	3570kJ (853Cal)	824kJ (197Cal)
Protein (g)	48g	11.1g
Fat, total (g)	40.8g	9.4g
- saturated (g)	21.5g	5g
Carbohydrate (g)	77g	17.8g
- sugars (g)	12g	2.8g
Sodium (mg)	1330mg	307mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4402kJ (1052Cal)	742kJ (177Cal)
Protein (g)	76.6g	12.9g
Fat, total (g)	53.5g	9g
- saturated (g)	25.4g	4.3g
Carbohydrate (g)	77.8g	13.1g
- sugars (g)	12g	2g
Sodium (mg)	1448mg	244mg

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 | CW51



1



Get prepped

- Thinly slice **leek**. Cut **chicken thigh** into 2cm chunks.
- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat. Cook **spaghetti**, uncovered, until 'al dente', **10 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **spaghetti** to the pan. Drizzle with **olive oil** to prevent sticking and cover to keep warm.

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 sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **leek** until softened, **4-5 minutes**.
- Add **tomato paste** and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients), reserved **pasta water**, **Nan's special seasoning**, **chicken-style stock powder** and the **brown sugar**. Simmer until reduced slightly, **2-3 minutes**.
- Add **baby spinach**, cooked **chicken** (plus any resting juices) and **spaghetti** to the pan, stirring until combined.
- Stir through **grated Parmesan cheese** (reserving some for garnish!) until just melted.

2



Cook the chicken

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Season with **salt** and **pepper**, transfer to a plate and set aside.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken thigh, cook chicken in batches for best results.

4



Serve up

- Divide Nan's creamy chicken spaghetti between bowls.
- Garnish with reserved Parmesan cheese to serve. Enjoy!

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

Rate your recipe

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