



Quick Creamy Chicken Spaghetti

with Chargrilled Capsicum Sauce & Baby Leaves

KID FRIENDLY

Grab your meal kit with this number

4



Spaghetti



Tomato



Chicken Thigh



Classic Roast Seasoning



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Leaves



Chicken Thigh



Diced Bacon

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 for oodles of delicious noodles. It's spaghetti night, this time with chicken in a rich chargrilled capsicum sauce to light up your tastebuds. Twirl your pasta until your heart's content.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	¾ packet	1½ packets
tomato	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3341kJ (798cal)	349kJ (83cal)
Protein (g)	42.2g	4.4g
Fat, total (g)	38.7g	4g
- saturated (g)	19.4g	2g
Carbohydrate (g)	75.8g	7.9g
- sugars (g)	10.6g	1.1g
Sodium (mg)	1395mg	145.6mg
Dietary Fibre (g)	6.1g	0.6g

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.

1



Cook the spaghetti

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **spaghetti** (see ingredients) in boiling water until 'al dente', **10 minutes**.
- Reserve some **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 of the frying pan to medium, then add **tomato** and cook until softened, **3-5 minutes**.
- Add **classic roast seasoning** 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 leaves**, stirring until wilted. Season to taste.

CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

2



Get prepped

- 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**.

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

4



Serve up

- Divide creamy chicken spaghetti between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

