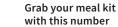


Quick Creamy Chicken Spaghetti with Chargrilled Capsicum Sauce & Baby Leaves

KID FRIENDLY









Spaghetti



Chicken Thigh

Classic Roast Seasoning





Chicken-Style Stock Powder



Chargrilled Capsicum







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



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

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.



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** (1/4 cup for 2 people / 1/2 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!



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.



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.



Serve up

• Divide creamy chicken spaghetti between bowls. Enjoy!



DOUBLE CHICKEN THIGH Follow method above, cooking in batches if necessary.



Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

