



Creamy Tomato & Chicken Penne

with Parmesan & Baby Leaves

KID FRIENDLY

Grab your meal kit with this number

36



Penne



Carrot



Diced Chicken



Tomato Paste



Garlic & Herb Seasoning



Cream



Chicken-Style Stock Powder



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Diced Chicken

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

Eat Me Early

We're thinking of tender chicken and pasta in a rich and creamy pink sauce sounds absolutely swell for tonight's dinner. With carrot for goodness and a scattering of grated Parmesan cheese, this is the simple, yet tasty bowl of your (and our) dreams!

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
penne	1 packet	2 packets
carrot	1	2
diced chicken	1 medium packet	2 medium packets OR 1 large packet
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	1 large sachet	2 large sachets
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4293kJ (1026Cal)	847kJ (202Cal)
Protein (g)	53.3g	10.5g
Fat, total (g)	52.9g	10.4g
- saturated (g)	33.3g	6.6g
Carbohydrate (g)	82g	16.2g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1671mg	330mg
Dietary Fibre (g)	7.3g	1.4g

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://www.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 pasta

- Boil the kettle. Pour boiling water into a large saucepan with a generous 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 **penne**, then return to 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.



Make the creamy sauce

- Reduce heat to low, then add **cream (see ingredients)**, **chicken-style stock powder**, **cooked penne**, **baby leaves**, a splash of **reserved pasta water** and half the **grated Parmesan cheese** to the pan. 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.

CUSTOM OPTIONS

+ ADD DICED BACON

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

+ DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.

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

We're here to help!

Scan here if you have any questions or concerns

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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**.

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



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.

