



# Creamy Chicken Spaghetti

with Tomato & Parsley

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

12



Spaghetti



Garlic



Chicken Breast



Soffritto Mix



Tomato Paste



Nan's Special Seasoning



Chicken-Style Stock Powder



Cream



Parsley



Chilli Flakes (Optional)



Chicken Breast



Diced Bacon

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

Eat Me Early

Golden ropes of spaghetti coated in a rich, creamy tomato sauce and tender chunks of chicken sounds like an ideal meal to us. Finished with a pinch of chilli flakes if you like a bit of heat, this is nothing short of a small bite of heaven.

### 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                              |
|----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                       |
| spaghetti                  | 1 packet        | 2 packets                             |
| garlic                     | 3 cloves        | 6 cloves                              |
| chicken breast             | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| soffritto mix              | 1 medium packet | 1 large packet                        |
| tomato paste               | 1 packet        | 2 packets                             |
| Nan's special seasoning    | 1 medium sachet | 1 large sachet                        |
| chicken-style stock powder | 1 medium sachet | 1 large sachet                        |
| cream                      | ½ packet        | 1 packet                              |
| parsley                    | 1 packet        | 1 packet                              |
| chilli flakes (optional)   | pinch           | pinch                                 |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 3836kJ (916Cal) | 801kJ (191Cal) |
| Protein (g)       | 57.3g           | 12g            |
| Fat, total (g)    | 28.8g           | 6g             |
| - saturated (g)   | 16.6g           | 3.5g           |
| Carbohydrate (g)  | 103.4g          | 21.6g          |
| - sugars (g)      | 13.7g           | 2.9g           |
| Sodium (mg)       | 990mg           | 207mg          |
| Dietary Fibre (g) | 9.1g            | 1.9g           |

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://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

2024 | CW52



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## Cook the spaghetti

- Boil the kettle.
- Half-fill a large saucepan with boiling water with a pinch of **salt**. Cook **spaghetti** in boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain and return **spaghetti** to the saucepan with a drizzle of **olive oil**.

**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

- Reduce heat to medium, then add **chicken-style stock powder**, **cream** (see ingredients) and a splash of the **reserved pasta water**. Cook until slightly thickened, **1-2 minutes**.
- Stir through **cooked spaghetti** and season to taste.

**TIP:** Add a splash more pasta water if the sauce looks too thick.

## CUSTOM OPTIONS

### + DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

### + ADD DICED BACON

Cook with chicken and soffritto mix, breaking up with a spoon, 5-6 minutes.

2



## Cook the chicken

- Meanwhile, finely chop **garlic**.
- Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When **oil** is hot, cook **chicken** and **soffritto mix**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add **garlic**, **tomato paste** and **Nan's special seasoning**. Cook until fragrant, **1 minute**.

4



## Serve up

- Divide creamy chicken spaghetti between bowls. Tear over **parsley**.
- Sprinkle adults portion with **chilli flakes** (if using) to serve. Enjoy!

**Little cooks:** Help tear over the parsley.

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

