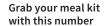


# Creamy Chicken Spaghetti with Tomato & Parsley

HELLOHERO

KID FRIENDLY











Spaghetti



Chicken Breast







Tomato Paste

Nan's Special Seasoning



Chicken-Style Stock Powder





Parsley



Chilli Flakes (Optional)

Cream





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

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	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	2 packets
garlic	3 cloves	6 cloves
chicken breast	1 medium packet	2 medium packets 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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!



#### 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.



#### 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.



# 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.



