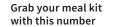


# Chicken & Tomato Spaghetti

with Parsley

HELLOHERO

KID FRIENDLY









Spaghetti



Chicken Breast

Soffritto Mix



Tomato Paste



Seasoning



Chicken-Style



Stock Powder





Chilli Flakes (Optional)





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	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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3760kJ (898Cal)	815kJ (194Cal)
Protein (g)	53.4g	11.6g
Fat, total (g)	28.5g	6.2g
- saturated (g)	16.5g	3.6g
Carbohydrate (g)	103.3g	22.4g
- sugars (g)	13.7g	3g
Sodium (mg)	977mg	212mg
Dietary Fibre (g)	9.1g	2g

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**.

**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 some reserved pasta water (¼ cup for 2 people / ½ cup for 4 people). 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 chicken is no longer pink inside), 5-6 minutes.
- Add garlic, tomato paste and Nan's special seasoning. Cook until fragrant,
   1 minute.



### Finish & serve

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

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



