



Chicken & Tomato Spaghetti

with 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)



Diced Bacon



Chicken Breast

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
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)	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.

1



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!

3



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.

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 chicken is no longer pink inside), **5-6 minutes**.
- Add **garlic**, **tomato paste** and **Nan's special seasoning**. Cook until fragrant, **1 minute**.

4



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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with chicken and soffritto mix, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ DOUBLE CHICKEN BREAST

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.

