



# CREAMY TOMATO & CHICKEN PENNE

with Baby Spinach



Make a creamy tomato pasta



Garlic



Thyme



Brown Onion



Courgette



Basil



Chicken Thigh



Penne



Tomato Paste



Chicken Stock



Pure Cream



Baby Spinach Leaves



Shaved Parmesan Cheese

Hands-on: 20 mins  
Ready in: 40 mins

Eat me early

A penne for your thoughts? Well, we're thinking of tender chicken and pasta in a rich and creamy sauce. With baby spinach and courgette for goodness, and topped with Parmesan cheese, this is the bowl of your (and our) dreams!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



### 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Thinly slice the **brown onion**. Cut the **courgette** into 1cm cubes. Pick and thinly slice the **basil** leaves (reserve a few leaves for garnish!). Cut the **chicken thigh** into 2cm chunks.



### 2 COOK THE PASTA

Add the **penne** to the boiling water and cook for **9 minutes**, or until 'al dente'. Reserve **1 cup of pasta water**, drain, then return the pasta to the saucepan and **drizzle** with **olive oil** to prevent sticking.



### 3 COOK THE CHICKEN

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the **chicken thigh** and a **pinch of salt and pepper** and cook, tossing, for **5-6 minutes** or until browned and cooked through. Transfer to a plate.



### 4 START THE SAUCE

In the same frying pan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **courgette** and cook, stirring, for **5 minutes** or until softened. Add the **garlic** and **thyme** and cook for **1 minute** or until fragrant. Add a **generous drizzle of olive oil** and add the **tomato paste**. Cook the tomato paste, stirring, for **2 minutes** or until slightly darkened. **TIP:** *Frying the tomato paste deepens its flavour.*



### 5 BRING EVERYTHING TOGETHER

Add **2/3 cup pasta water** to the frying pan and crumble in **2 chicken stock** cubes. Stir to combine. Reduce the heat to low and add the **pure cream** (see ingredients list), **salt, basil, baby spinach leaves, chicken thigh** and any **resting juices** from the chicken. Stir until heated through. Add the **penne** and toss to coat. Season to taste with **pepper**. **TIP:** *Add a dash more pasta water if the sauce looks too thick.*



### 6 SERVE UP

Divide the creamy tomato and **spinach penne** with chicken between bowls. Top with the **shaved Parmesan cheese** (see ingredients list). Garnish with reserved basil leaves.

**TIP:** *For kids, follow our serving suggestion in the main photo!*

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	6 cloves
thyme	1 bunch
brown onion	2
courgette	2
basil	1 sleeve
chicken thigh	1 packet
penne	2 packets
butter*	40 g
tomato paste	3 sachets
chicken stock	2 cubes
pure cream	1 tub (300 ml)
salt*	½ tsp
baby spinach leaves	1 bag (60 g)
shaved Parmesan cheese	⅔ packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4710kJ (1130Cal)	713kJ (170Cal)
Protein (g)	56.3g	8.5g
Fat, total (g)	56.6g	8.6g
- saturated (g)	30.9g	4.7g
Carbohydrate (g)	89.4g	13.5g
- sugars (g)	16.4g	2.5g
Sodium (g)	982mg	149mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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