

# **CREAMY TOMATO & CHICKEN PENNE**

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!

with Baby Spinach





Make a creamy tomato pasta







Thyme





**Brown Onion** 





Chicken Thigh



Penne



Tomato Paste



Chicken Stock





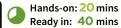


**Baby Spinach** 



**Shaved Parmesan** 

Pantry Staples: Olive Oil, Butter





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

· medium saucepan· large frying pan



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.



# **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.



## **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.



# **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.



### **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.



### **SERVE UP**

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!** 

# **INGREDIENTS**

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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	<b>PER 100G</b>
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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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