



Creamy Chicken Spaghetti

with Romesco & Baby Spinach Sauce

NEW KID FRIENDLY

Grab your Meal Kit with this symbol



Spaghetti



Tomato



Aussie Spice Blend



Cream



Chicken-Style Stock Powder



Romesco Sauce



Baby Spinach Leaves



Chilli Flakes



Chicken Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

Eat Me Early

Light the candles, get out the red and white checked blanket and get ready to start twirling your fork. It's spaghetti night, this time with chicken in a rich romesco sauce flecked with spinach and chilli flakes to light up your tastebuds. Twirl your pasta until your heart's content.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	1 packet
tomato	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
romesco sauce	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (optional) 🌶️	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3233kJ (773Cal)	743kJ (178Cal)
Protein (g)	47.3g	10.9g
Fat, total (g)	32.7g	7.5g
- saturated (g)	17.3g	4g
Carbohydrate (g)	74.7g	17.2g
- sugars (g)	9.8g	2.3g
Sodium (mg)	1293mg	297mg

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](https://www.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

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain **spaghetti**, then return to saucepan.

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 **tomato** and cook until softened, **3-5 minutes**.
- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder**, **romesco sauce** and reserved **pasta water**, stir to combine, and simmer until slightly reduced, **1 minute**.
- Remove pan from heat, add cooked **spaghetti** and **baby spinach leaves**, stirring until wilted. Season to taste.

TIP: Add a splash of water if the sauce looks too thick.

2



Get prepped

- Meanwhile, roughly chop **tomato**. 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**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

4



Serve up

- Divide creamy chicken spaghetti between bowls. Garnish with **chilli flakes** (if using). Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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