



# Creamy Chicken & Tomato Spaghetti

with Parmesan Cheese & Garden Salad

Grab your Meal Kit with this symbol



Garlic



Tomato



Chicken Breast



Spaghetti



Tomato Paste



Nan's Special Seasoning



Longlife Cream



Salad Leaves



Mixed Leaves



Grated Parmesan Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins  
Ready in: 20-30 mins

Eat Me Early

Golden ropes of spaghetti coated in a rich, creamy tomato sauce and tender chunks of chicken breast. Finished with a scattering of sharp Parmesan cheese and a complementary salad, this is nothing short of a small bite of heaven.

### Pantry items

Olive Oil, White Wine Vinegar

## 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
garlic	3 cloves	6 cloves
tomato	1	2
chicken breast	1 packet	1 packet
spaghetti	1 packet	1 packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
salad leaves	1 small bag	1 medium bag
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3485kJ (833Cal)	785kJ (188Cal)
Protein (g)	53.6g	12.1g
Fat, total (g)	33.7g	7.6g
- saturated (g)	19.6g	4.4g
Carbohydrate (g)	74.2g	16.7g
- sugars (g)	9.7g	2.2g
Sodium (mg)	836mg	188mg

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.



## Get prepped

- Boil the kettle.
- Finely chop **garlic**. Roughly chop **tomato**.
- Cut **chicken breast** into 2cm chunks.



## Cook the chicken & sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, add **chicken** and season with **salt** and **pepper**. Cook, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Add **garlic**, **tomato paste** and **Nan's special seasoning**. Cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **longlife cream** (see ingredients) and reserved **pasta water**. Cook until slightly thickened, **1-2 minutes**.
- Stir through **salad leaves** and cooked **spaghetti**. Season and stir to combine.



## Cook the spaghetti

- Fill a large saucepan of boiling water over high heat with a pinch of **salt**. Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) then drain and return to the saucepan with a drizzle of **olive oil**.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Serve up

- In a medium bowl, combine **mixed leaves**, tomato, a pinch of salt and a drizzle of **white wine vinegar** and olive oil.
- Divide creamy chicken and tomato spaghetti between bowls.
- Top with **grated Parmesan cheese** and serve with garden salad.

## Enjoy!