

# Cajun Chicken and Tomato Pasta with Spinach and Cheese

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day









Diced Chicken

Cajun Spice Mix Rigatoni Pasta





Finely Chopped Tomatoes with Basil

Red Wine Stock Paste





**Baby Spinach** 

**Grated Hard** Italian Style Cheese



#### **Pantry Items**

Oil, Salt, Pepper, Sugar, Butter

#### **CUSTOM RECIPE**

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Saucepan, garlic press, frying pan and colander.

## Ingredients

9					
Ingredients	2P	3P	4P		
Garlic Clove**	1 2		2		
Diced Chicken Thigh**	210g 350g		390g		
Cajun Spice Mix	1 sachet 1 sachet		2 sachets		
Rigatoni Pasta 13)	180g	270g	360g		
Finely Chopped Tomatoes with Basil	1 carton 2 cartons		2 cartons		
Red Wine Stock Paste 14)	28g	42g	56g		
Baby Spinach**	40g	100g	150g		
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	40g 60g			
Diced Chicken Breast**	260g	390g	520g		
Pantry	2P	3P	4P		
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp		
Water for the Sauce*	100ml	150ml	200ml		
Butter*	20g	30g	40g		
*Not Included **Store in the Fridge					

#### Nutrition

			Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g	
460g	100g	485g	100g	
3223 /770	700/167	3137 /750	646 /154	
26.1	5.7	18.4	3.8	
12.4	2.7	10.1	2.1	
88.4	19.2	88.2	18.2	
19.0	4.1	19.0	3.9	
46.1	10.0	53.7	11.1	
4.80	1.04	4.79	0.99	
	serving 460g 3223 /770 26.1 12.4 88.4 19.0 46.1	serving 100g   460g 100g   3223/770 700/167   26.1 5.7   12.4 2.7   88.4 19.2   19.0 4.1   46.1 10.0	Per serving Per 100g Per serving   460g 100g 485g   3223/770 700/167 3137/750   26.1 5.7 18.4   12.4 2.7 10.1   88.4 19.2 88.2   19.0 4.1 19.0   46.1 10.0 53.7	

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

# **Allergens**

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

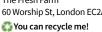
#### Contact

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## **Garlic Time**

Bring a large saucepan of water to the boil with 1/2 tsp salt for the rigatoni.

Peel and grate the garlic (or use a garlic press). Heat a drizzle of oil in a large frying pan on medium-high heat.



# Fry and Spice the Chicken

Once the oil is hot, add the diced chicken and season with salt and pepper.

Cook until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Once browned, stir in the garlic and Cajun spice mix (add less if you'd prefer things milder). Cook for 1 min more.



If you've chosen to get diced chicken breast instead of thigh, cook the recipe in the same way.



## Pasta Please

While the **chicken** cooks, add the **rigatoni** to your pan of **boiling water**. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with oil and stir through to stop it sticking together.



## Simmer the Sauce

Stir the chopped tomatoes, red wine stock paste, sugar and water for the sauce (see pantry for both amounts) into the pan with the chicken.

Bring to the boil, stir and lower the heat so the sauce simmers gently.

Cook until the **chicken** is cooked through and the sauce has thickened, 10-12 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.



## Combine and Stir

Once the **sauce** has thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Add half the hard Italian style cheese and the butter (see pantry for amount) and mix vigorously until both have melted.



## Serve

When your pasta is ready, share between your serving bowls.

Top by sprinkling over the remaining hard Italian style cheese.

Enjoy!