



Cajun Chicken and Tomato Pasta with Spinach and Cheese

7

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



Garlic Clove



Diced Chicken Thigh



Cajun Spice Mix



Rigatoni Pasta



Finely Chopped Tomatoes with Basil



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Diced Chicken Breast

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

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** 7 8	40g	60g	80g
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

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	460g	100g	485g	100g
Energy (kJ/kcal)	3223 / 770	700 / 167	3137 / 750	646 / 154
Fat (g)	26.1	5.7	18.4	3.8
Sat. Fat (g)	12.4	2.7	10.1	2.1
Carbohydrate (g)	88.4	19.2	88.2	18.2
Sugars (g)	19.0	4.1	19.0	3.9
Protein (g)	46.1	10.0	53.7	11.1
Salt (g)	4.80	1.04	4.79	0.99

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 **½ 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.



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.*



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.

CUSTOM RECIPE

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



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.



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.



Serve

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

Top by sprinkling over the remaining **hard Italian style cheese**.

Enjoy!