



# Speedy Cajun Style Chicken Macaroni with Spinach and Italian Style Cheese

**Quick** 20 Minutes • **Medium Spice**

13



Garlic Clove



Macaroni



Diced Chicken Breast



Tomato Puree



Cajun Spice Mix



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Bacon Lardons

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to add or double up on 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. Ingredients in red are hot!

## Cooking tools

Kettle, garlic press, saucepan, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Macaroni <b>13</b>	180g	270g	360g
Diced Chicken Breast**	260g	390g	520g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** <b>7</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Baby Spinach**	40g	100g	100g
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	402g	100g	447g	100g
Energy (kJ/kcal)	3280 / 784	816 / 195	3767 / 900	843 / 202
Fat (g)	31.0	7.7	40.1	9.0
Sat. Fat (g)	17.8	4.4	20.7	4.6
Carbohydrate (g)	73.8	18.4	74.7	16.7
Sugars (g)	8.1	2.0	8.1	1.8
Protein (g)	50.9	12.7	58.6	13.1
Salt (g)	1.77	0.44	3.00	0.67

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

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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## Get Started

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan with  $\frac{1}{2}$  **tsp salt** on high heat.
- Stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.



## Cook the Macaroni

- Meanwhile, once the **macaroni** is cooked, drain in a colander and pop back into the pan.
- Drizzle with **oil** and stir through to stop it sticking together.



## Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan halfway through cooking the **chicken**. Stir-fry until golden, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Bring on the Spinach

- Add the **spinach** to the **chicken** pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **cooked macaroni**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.
- Remove from the heat.



## Make the Sauce

- Once the **chicken** is cooked through, reduce the heat to medium and add the **garlic**, **tomato puree** and **Cajun spice mix** (add less if you'd prefer things milder). Stir-fry for 1 min.
- Stir in the **chicken stock paste**, **creme fraiche**, **water for the sauce** (see pantry for amount) and **half the cheese**. Bring to the boil.
- Lower the heat and simmer until slightly thickened, 3-4 mins.



## Serve

- Share the **Cajun style macaroni** between your serving bowls.
- Sprinkle over the remaining **cheese** to finish.

## Enjoy!