



Herby Creamy Tomato Chicken Penne with Spinach and Cheddar

Family 30-35 Minutes • 1 of your 5 a day

1



Garlic Clove



Mature Cheddar
Cheese



Diced Chicken
Breast



Dried Oregano



Penne Pasta



Tomato Passata



Chicken Stock
Paste



Baby Spinach



Double Cream

Pantry Items

Oil, Salt, Pepper, Sugar

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, grater, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Diced Chicken Breast**	260g	390g	520g
Dried Oregano	1 sachet	1 sachet	2 sachets
Penne Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g
Double Cream** 7)	75g	120g	150g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	3209 /767	719 /172
Fat (g)	28.1	6.3
Sat. Fat (g)	15.7	3.5
Carbohydrate (g)	74.7	16.7
Sugars (g)	10.2	2.3
Protein (g)	50.8	11.4
Salt (g)	1.96	0.44

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

Allergens

7) Milk 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 Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **penne**.

Peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar**.



Sauce Things Up

Add the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the **chicken**.

Bring to a boil, then turn the heat down and simmer until slightly thickened, 5-6 mins.

Once thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** 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.

Once cooked, stir in the **garlic** and **dried oregano**. Cook for 1 min more.



Combine and Stir

Once the **spinach** has wilted, stir through the **double cream** and **Cheddar**.

Add the **cooked pasta** to the **chicken** and season to taste with **salt** and **pepper**, then stir to combine.



Pasta Time

Meanwhile, when your pan of **water** is boiling, add the **penne** and bring back to the boil. 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 ready, share the **chicken pasta** between your bowls.

Enjoy!