



Creamy Cajun Spiced Chicken Pasta with Cheese

11

Family 20 Minutes • 1 of your 5 a day • Medium Spice



Penne Pasta



Garlic Clove



Diced Chicken Thigh



Cajun Spice Mix



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese



Double Cream



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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. Ingredients in red are hot!

Cooking tools

Saucepan, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Penne Pasta 13	180g	270g	360g
Garlic Clove**	1	2	2
Diced Chicken Thigh**	260g	390g	520g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Double Cream** 7	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
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	432g	100g	432g	100g
Energy (kJ/kcal)	3329/796	771/184	3068/733	711/170
Fat (g)	35.6	8.2	25.5	5.9
Sat. Fat (g)	17.2	4.0	14.2	3.3
Carbohydrate (g)	74.0	17.1	73.7	17.1
Sugars (g)	9.0	2.1	9.0	2.1
Protein (g)	46.6	10.8	49.4	11.5
Salt (g)	2.13	0.49	2.06	0.48

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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Cook the Pasta

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

b) When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Simmer and Spice

a) Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **chicken**. Cook, stirring frequently, for 1 min.

b) Stir in the **passata**, **water for the sauce** (see pantry for amount) and the **chicken stock paste**.

c) Bring to the boil, then lower the heat. Simmer, stirring occasionally, until thickened, 5-6 mins.



Garlic Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).



Bring on the Creamy Sauce

a) Once the **sauce** has thickened, stir through **half** the **grated hard Italian style cheese**, followed by the **double cream**.

b) Bring to the boil, stirring, then remove from the heat. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

c) Taste and season with **salt** and **pepper** if needed.



Fry the Chicken

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

b) Once hot, add the **diced chicken** and season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

c) Fry until golden brown on the outside, 5-6 mins.

CUSTOM RECIPE

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



Finish and Serve

a) Add the **cooked pasta** to the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.

b) Share the **creamy Cajun chicken pasta** between your bowls.

c) Sprinkle over the remaining **cheese** to finish.

Enjoy!