



Italian Inspired Chicken Milanese and Tomato Spaghetti with Balsamic Glazed Rocket

10

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



Breadcrumbs



Dried Oregano



Chicken Thighs



Garlic Clove



Spaghetti



Tomato Passata



Chicken Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Egg, 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, bowl, frying pan, baking tray, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Breadcrumbs 13	50g	75g	100g
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Thighs**	3	4	6
Garlic Clove**	2	3	4
Spaghetti 13	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Wild Rocket**	20g	30g	40g
Balsamic Glaze 14	12ml	18ml	24ml
Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
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	537g	100g	547g	100g
Energy (kJ/kcal)	4066/972	757/181	3598/860	658/157
Fat (g)	37.4	7.0	21.2	3.9
Sat. Fat (g)	14.2	2.6	9.4	1.7
Carbohydrate (g)	104.2	19.4	103.0	18.8
Sugars (g)	14.0	2.6	14.2	2.6
Protein (g)	56.6	10.5	63.9	11.7
Salt (g)	3.85	0.72	3.87	0.71


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, cereals containing 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.

 You can recycle me!

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Prep the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another medium bowl with the **salt for the breadcrumbs** (see pantry for amount) and **half the dried oregano**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it is completely coated.

Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.

CUSTOM RECIPE

If you've chosen to add **chicken breasts** instead, sandwich each **breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick, then add to the bowl of **egg mixture** and **breadcrumb** as instructed.



Simmer the Sauce

Clean out the **chicken** pan, then pop it back on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic** and stir fry for 1 min. Stir in the remaining **oregano**, **passata**, **chicken stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then simmer until slightly thickened, 6-8 mins.



Get Cooking

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray. Place the **chicken** on the middle shelf until cooked through, 8-11 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

Fry the **chicken** for the same amount of time, then transfer it to the oven to cook for 8-10 mins. The **chicken** will be served in the same way in the final step.



Finish the Pasta

When the **sauce** has thickened, stir in the **cooked pasta**, the **butter** (see pantry for amount) and **half the hard Italian style cheese** until well combined. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it looks too thick.

Once the **chicken** is cooked, carefully slice into 2cm thick slices.

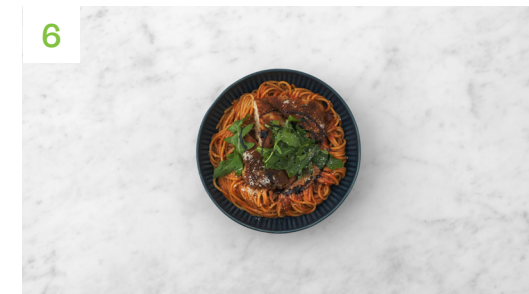


Boil the Pasta

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

Add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 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

Divide the **tomato spaghetti** between your bowls and arrange the **chicken slices** on top. Sprinkle over the remaining **cheese**.

Scatter the **rocket leaves** on top. Drizzle over the **balsamic glaze**.

Enjoy!