



Creamy Peri Peri Chicken Spaghetti

with Spinach and Cheese

Super Quick 15 Minutes • Mild Spice

7



Diced Chicken Thigh



Spaghetti



Tomato Puree



Chicken Stock Paste



Peri Peri Seasoning



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Spinach



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey

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

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	240g	390g	520g
Spaghetti 13)	180g	270g	360g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Creme Fraiche** 7)	75g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Honey*	½ tbsp	1 tbsp	1 tbsp
Water*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	400g	100g	400g	100g
Energy (kJ/kcal)	3297 / 788	824 / 197	3036 / 726	759 / 181
Fat (g)	31.9	8.0	21.8	5.4
Sat. Fat (g)	15.0	3.8	12.0	3.0
Carbohydrate (g)	76.7	19.2	76.5	19.1
Sugars (g)	10.1	2.5	10.1	2.5
Protein (g)	51.1	12.8	54.0	13.5
Salt (g)	2.23	0.56	2.16	0.54

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, 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. Be careful when adding water to hot pans while cooking.

Contact

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1



Get Frying

- Boil a full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Fry the **chicken**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

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

3



Add the Flavour

- Stir the **tomato puree**, **chicken stock paste**, **peri peri seasoning**, **creme fraiche**, **honey** and **water** (see pantry for both) into the **chicken**.
- Bring to the boil, then simmer, 3-4 mins. **IMPORTANT:** Cook so there's no pink in the middle.
- Add the **cheese** and **spinach** in handfuls, making sure it's piping hot, 1-2 mins.

2



Pasta Time

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **pasta**, 8 mins.
- Once cooked, drain and pop back in the pan.
- Drizzle with **oil** and stir through.

4



Dinner's Ready!

- Stir the **pasta** into the **sauce**.
- Season with **salt** and **pepper**.
- Share the **pasta** between your bowls.

Enjoy!