



# Creamy Cajun Chicken Pasta with Cheese

15

**Quick** 20 Minutes • **Very Hot** • 1 of your 5 a day



Penne Pasta



Garlic Clove



Diced British Chicken Thigh



Cajun Spice Mix



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese



Creme Fraiche



Diced British Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

↔ **Swap to Chicken Breast**

If you chose to swap to chicken breast, 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 <b>13</b> )	180g	270g	360g
Garlic Clove**	1	2	2
Diced British Chicken Thigh**	240g	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** <b>7</b> ) <b>8</b> )	20g	40g	40g
Creme Fraiche** <b>7</b> )	75g	120g	150g
Diced British Chicken Breast**	240g	390g	480g
<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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>432g</b>	<b>100g</b>	<b>432g</b>	<b>100g</b>
Energy (kJ/kcal)	3120 / 746	723 / 173	2859 / 683	662 / 158
Fat (g)	29.5	6.8	19.3	4.5
Sat. Fat (g)	13.5	3.1	10.5	2.4
Carbohydrate (g)	75.3	17.4	75.1	17.4
Sugars (g)	8.9	2.1	8.9	2.1
Protein (g)	46.9	10.9	49.7	11.5
Salt (g)	2.11	0.49	2.05	0.47

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, mollusc, 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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## Cook the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- 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

- Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **chicken**. Cook, stirring frequently, for 1 min.
- Stir in the **passata**, **water for the sauce** (see pantry for amount) and the **chicken stock paste**.
- Bring to the boil, then lower the heat. Simmer, stirring occasionally, until thickened, 5-6 mins.



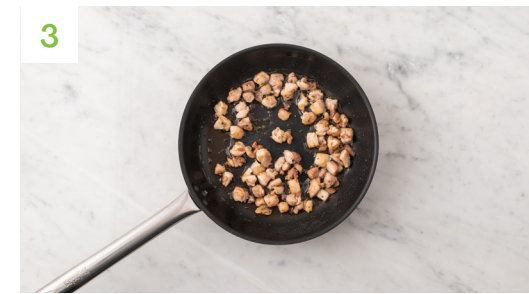
## Garlic Time

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



## Bring on the Creamy Sauce

- Once the **sauce** has thickened, stir through **half the hard Italian style cheese**, followed by the **creme fraiche**.
- Bring to the boil, stirring, then remove from the heat. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Taste and season with **salt** and **pepper** if needed.



## 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**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**
- Fry until golden brown on the outside, 5-6 mins.

↔ Swap to Chicken Breast

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



## Finish and Serve

- Add the **cooked pasta** to the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.
- Share the **creamy Cajun chicken pasta** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!