



Creamy Harissa Chicken Spaghetti

with Spinach and Cheese

Super Quick 15 Minutes • **Medium Spice**

7



Diced British Chicken Thigh



Spaghetti



Tomato Puree



Creme Fraiche



Harissa Paste



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Pescatarian

If you chose to make this recipe pescatarian, 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 British Chicken Thigh**	240g	390g	480g
Spaghetti 13	180g	270g	360g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7	75g	120g	150g
Harissa Paste 14	50g	75g	100g
Red Wine Stock Paste 14	28g	42g	56g
Baby Spinach**	100g	100g	200g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
King Prawns** 5	225g	300g	450g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	125ml	185ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	436g	100g	419g	100g
Energy (kJ/kcal)	3520 /841	807 /193	2861 /684	684 /163
Fat (g)	36.2	8.3	24.3	5.8
Sat. Fat (g)	13.6	3.1	10.2	2.4
Carbohydrate (g)	83.0	19.0	82.6	19.7
Sugars (g)	14.2	3.3	14.0	3.4
Protein (g)	47.8	11.0	32.6	7.8
Salt (g)	2.91	0.67	4.17	1.00

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

Allergens

5) Crustaceans **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, 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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1



Get Frying

- Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then stir-fry, 2-3 mins. Continue as instructed, the **prawns** will cook through while simmering **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

3



Flavour Town

- Once the **chicken** is cooked, stir in the **tomato puree**, **creme fraiche**, **harissa** (add less if you'd prefer things milder), **red wine stock paste**, **sugar** and **water** (see pantry for both).
- Bring to the boil then simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir through the **cheese**.

2



Boil Pasta

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **pasta**, 8 mins.

4



Dinner's Ready!

- Once the **pasta** is cooked, drain and add to the **sauce**. Toss to coat.
- Share the **pasta** between your bowls.

Enjoy!