



# Creamy Rosemary Chicken Spaghetti with Charred Courgette

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

1



Garlic Clove



Lemon



Courgette



Diced British  
Chicken Breast



Spaghetti



Dried Rosemary



Creme Fraiche



Vegetable Stock  
Paste



Grated Hard  
Italian Style Cheese



King Prawns

### Pantry Items

Oil, Salt, Pepper

### 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.

## Cooking tools

Saucepan, garlic press, fine grater, frying pan, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	½	¾	1
Courgette**	1	1	2
Diced British Chicken Breast**	240g	390g	480g
Spaghetti <b>13</b>	180g	270g	360g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Crème Fraîche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
King Prawns** <b>5</b>	225g	300g	450g
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	514g	100g	497g	100g
Energy (kJ/kcal)	3500 / 837	680 / 163	3102 / 741	624 / 149
Fat (g)	33.7	6.6	32.0	6.4
Sat. Fat (g)	19.4	3.8	19.0	3.8
Carbohydrate (g)	78.6	15.3	78.5	15.8
Sugars (g)	9.5	1.8	9.3	1.9
Protein (g)	55.1	10.7	37.0	7.5
Salt (g)	1.83	0.36	3.16	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5** Crustaceans **7** Milk **8** Egg **10** Celery **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

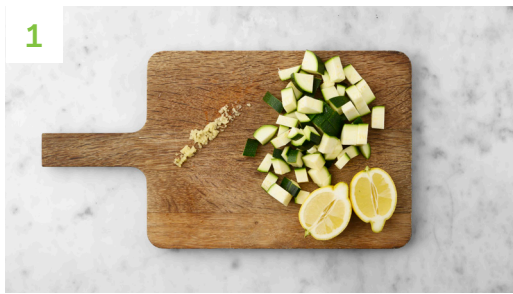
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## Get Started

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

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).

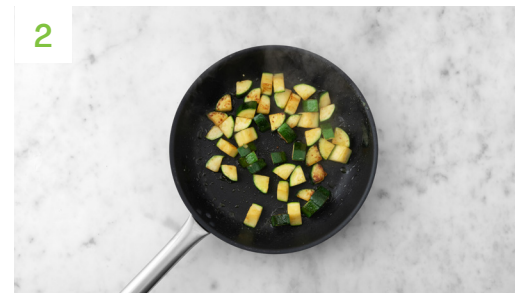
Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.



## Cook the Pasta

Meanwhile, 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.



## Char the Courgette

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.

Wipe out the pan.



## Make the Sauce

Add the **garlic** and **rosemary** to the frying pan and cook for 1 min more, then stir through the **crème fraîche**, **veg stock paste** and **water for the sauce** (see pantry for amount).

Bring to the boil, then lower the heat to a simmer. Cook the **sauce** until thickened slightly, 2-3 mins.

Add the **spaghetti**, **courgette** and **half** the **Italian style cheese** to the pan and mix well.



## Brown the Chicken

Heat a drizzle of **oil** to the (now empty) frying pan on medium-high heat.

Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer 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.



## Finish and Serve

Squeeze some **lemon juice** and add a pinch of **lemon zest** to the **pasta**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.

Add a splash of **water** to the **sauce** if it's looking a little thick.

Share the **creamy chicken spaghetti** between your bowls and sprinkle over the remaining **cheese**.

## Enjoy!