



Cajun Chicken and Tomato Pasta with Spinach and Cheese

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day

7



Garlic Clove



Diced Chicken Thigh



Cajun Spice Mix



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Rigatoni Pasta



Baby Spinach



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Diced Chicken Thigh**	210g	350g	390g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Rigatoni Pasta 13	180g	270g	360g
Baby Spinach**	40g	100g	150g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g

Diced Chicken Breast**	260g	390g	520g
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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	444g	100g	469g	100g
Energy (kJ/kcal)	2710 / 648	610 / 146	2624 / 627	559 / 134
Fat (g)	15.9	3.6	8.2	1.7
Sat. Fat (g)	5.5	1.2	3.2	0.7
Carbohydrate (g)	81.8	18.4	81.6	17.4
Sugars (g)	16.6	3.7	16.6	3.5
Protein (g)	44.4	10	52.1	11.1
Salt (g)	3.63	0.82	3.61	0.77

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, 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.

Contact

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Get Prepped

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

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Rigatoni Time

While the **sauce** simmers, add the **rigatoni** to your pan of **boiling water**. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, preheat your grill to high.



Fry and Spice the Chicken

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

Cook until browned all over, 5-6 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

Once browned, stir in the **garlic**, **Cajun spice mix** (add less if you'd prefer things milder) and **tomato puree**. Cook for 1 min more.

CUSTOM RECIPE

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



Combine and Stir

Once the **sauce** has thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Combine the **cooked pasta** and **sauce** in whichever pan is biggest, then season to taste with **salt** and **pepper**.

Transfer your **Cajun pasta** to an ovenproof dish and sprinkle on the **hard Italian style cheese**.



Simmer the Sauce

Stir the **chopped tomatoes**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the pan.

Bring to the boil, stir and lower the heat so the **sauce** simmers gently.

Cook until the **chicken** is cooked through and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Grill and Serve

Grill your **Cajun pasta** until the **cheese** is golden and bubbly, 2-3 mins.

When ready, share between your bowls and tuck in.

Enjoy!