



Creamy Rosemary Chicken Spaghetti with Courgette Ribbon Salad

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

7



Onion



Garlic Clove



Rosemary



Lemon



Courgette



Mature Cheddar Cheese



Diced Chicken Breast



Chicken Stock Paste



Creme Fraiche



Spaghetti

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, zester, grater, frying pan, bowl, saucepan and colander.

Ingredients

	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2	3	4
Rosemary**	½ bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Courgette**	1	1	2
Mature Cheddar Cheese** (7)	30g	45g	60g
Diced Chicken Breast**	280g	420g	560g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Crème Fraiche** (7)	150g	225g	300g
Spaghetti (13)	180g	270g	360g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	3844 / 919	730 / 175
Fat (g)	41.8	7.9
Sat. Fat (g)	20.4	3.9
Carbohydrate (g)	78.1	14.8
Sugars (g)	12.0	2.3
Protein (g)	55.6	10.6
Salt (g)	1.42	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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

Fill and boil your kettle.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Zest and halve the **lemon**.

Trim and halve the **courgette**. Use a peeler to peel long ribbons down the length of one **half** of the **courgette**, stopping at the spongy centre. Quarter the remaining **half** lengthways and chop widthways into small pieces.

Grate the **Cheddar**.



Cook the Pasta

While the **sauce** simmers, pour the **boiled water** from the kettle into a large saucepan with **½ tsp salt** on high heat.

Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander (reserving a little of the **pasta water**) and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Brown the Chicken

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

Once hot, add the **chicken** and **half** the **rosemary**, then season with **salt** and **pepper**. Stir-fry until browned all over, 5-6 mins, then transfer to a bowl and set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Return the (now empty) pan to medium heat with a drizzle of **oil**.

Once hot, add the **onion** and a good pinch of **sugar** (if you have any). Cook, stirring occasionally, until soft and sticky, 5-6 mins.



Prep the Salad

Meanwhile, pop the **lemon zest**, remaining **rosemary** and **olive oil** (see ingredients for amount) into a small bowl. Mix together, then season with **salt** and **pepper**.

Add the **courgette ribbons** and toss to coat, then set aside.

Once the **chicken** has cooked and the **sauce** has thickened, stir in the **Cheddar** and add the **cooked spaghetti** to the pan. Toss to coat in the **sauce** and cook until piping hot. **TIP:** *Use your reserved pasta water to loosen if it's a little thick.*



Make the Sauce

Once your **onions** are soft, increase the heat slightly and add the **chopped courgette**. Cook until starting to colour, 4-5 mins, then add the **garlic** and cook for 1 min.

Add the **water for the sauce** (see ingredients for amount), **chicken stock paste**, **crème fraiche** and a knob of **butter** (if you have any).

Stir to combine, then return the **chicken** to the pan and simmer until cooked through, 7-8 mins.

IMPORTANT: *The chicken is cooked when no longer pink in the middle.*



Finish and Serve

When ready, add a squeeze of **lemon juice** to the **pasta**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.

Divide the **creamy chicken spaghetti** between your bowls and serve with the **courgette salad** on top for those who'd like it.

Enjoy!