



# Creamy Rosemary Chicken Spaghetti with Courgette Ribbon Salad

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

8



Garlic Clove



Lemon



Courgette



Mature Cheddar  
Cheese



Diced Chicken  
Breast



Dried Rosemary



Chicken Stock  
Paste



Creme Fraiche



Spaghetti

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	½	¾	1
Courgette**	1	1	2
Mature Cheddar Cheese** (7)	30g	40g	60g
Diced Chicken Breast**	260g	390g	520g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** (7)	150g	225g	300g
Spaghetti (13)	180g	270g	360g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	462g 3733 /892	100g 807 /193
Fat (g)	41.5	9.0
Sat. Fat (g)	20.4	4.4
Carbohydrate (g)	76.8	16.6
Sugars (g)	9.3	2.0
Protein (g)	52.2	11.3
Salt (g)	2.07	0.45

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

## 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.

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

Trim the **courgette**, then use a peeler to peel long ribbons along the length of **half** the **courgette**.

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 **dried rosemary**, then season with **salt** and **pepper**. Stir-fry until browned all over, 5-6 mins.

Transfer the **chicken** to a bowl and set aside.

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



## Mix the Courgette Salad

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

Add the **courgette ribbons** to the **dressing** 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 Creamy Sauce

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

Once hot, 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 pantry for amount), **chicken stock paste**, **creme 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.

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

Enjoy!