



Spicy Creamy Cajun Chicken Pasta with Spinach and Cheese

Rapid Eat Me Early • 20 Minutes • Mild Spice • 1 of your 5 a day

16



Penne Pasta



Garlic Clove



Echalion Shallot



Diced Chicken Thigh



Cajun Spice Mix



Finely Chopped Tomatoes



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Creme Fraiche



Diced Chicken Breast



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 veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Colander, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Penne Pasta 13	180g	270g	360g
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Diced Chicken Thigh**	280g	420g	560g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Creme Fraiche** 7)	75g	120g	150g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	3538/846	571/137
Fat (g)	33	5
Sat. Fat (g)	15	3
Carbohydrate (g)	79	13
Sugars (g)	14	2
Protein (g)	54	9
Salt (g)	2.31	0.37
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	3222/770	520/124
Fat (g)	22	4
Sat. Fat (g)	12	2
Carbohydrate (g)	79	13
Sugars (g)	14	2
Protein (g)	59	10
Salt (g)	2.31	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK

Packed in the UK
The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Pasta

- Bring a saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**.
- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander.
- Pop back into the pan with a drizzle of **oil** and stir through to stop it sticking together.



Veg Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **shallot**.



Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 5-6 mins.
- Add the **shallot** to the **chicken** and cook until soft, 3-4 mins.



CUSTOM RECIPE

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



Spice up your Life

- Add the **garlic** and **Cajun spice mix** (add less if you don't like too much heat). Cook, stirring frequently, for 1 min.
- Add the **chopped tomatoes**, **sugar** (see ingredients for amount) and **chicken stock paste**.
- Bring to a boil and turn the heat down to simmer. Cook, stirring occasionally until thickened, 10-12 mins.



Finish it Off

- Once the **sauce** has thickened slightly, add the **spinach** a handful at a time, stirring it in until wilted and piping hot, 1-2 mins.
- Stir through **half** the **grated hard Italian style cheese**.
- Stir through the **creme fraiche** and bring to a boil. Remove from the heat.
- Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Time to Serve

- Pop the **drained pasta** into the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.
- Share the **pasta** and **sauce** between your bowls, sprinkle over the remaining **cheese**.

Enjoy!