



# Spicy Creamy Chicken Pasta with Spinach

Customer Favourites 20 Minutes • Very Hot! • 1 of your 5 a day

35



Penne Pasta



Garlic Clove



Echalion Shallot



Diced Chicken Thigh



Cajun Spice



Tomato Passata



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Creme Fraiche

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Colander, Frying Pan, Bowl, Wooden Spoon.

## Ingredients

	2P	3P	4P
Penne Pasta <b>13)</b>	180g	270g	360g
Garlic Clove	1	2	2
Echalion Shallot	1	1	2
Diced Chicken Thigh	280g	420g	560g
Cajun Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach	100g	150g	200g
Grated Hard Italian Style Cheese <b>7) 8)</b>	40g	65g	80g
Creme Fraiche <b>7)</b>	75g	120g	150g
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	3387/810	716/171
Fat (g)	33	7
Sat. Fat (g)	15	3
Carbohydrate (g)	74	16
Sugars (g)	9	2
Protein (g)	51	11
Salt (g)	2.14	0.45

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.

## Contact

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## Cook the Pasta

**a)** Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.

**b)** When boiling, add the **penne** to the **water** and cook until tender, 12 mins.

**c)** Once cooked, drain in a colander.

**d)** Pop back into the pan with a drizzle of **oil** and stir through to stop it sticking together.

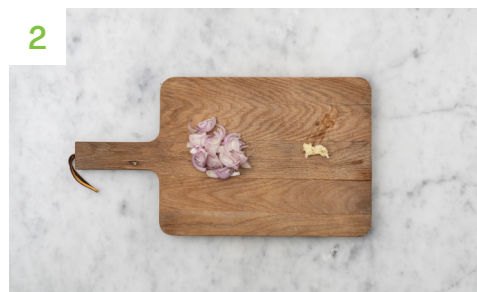


## Spice Up Your Life

**a)** Add the **garlic** and **Cajun spice mix** (careful, it's hot - add less if you don't like heat) and cook, stirring frequently, for 1 minute.

**b)** Add the **water** (see ingredients for amount), **tomato passata** and **chicken stock paste**.

**c)** Bring to a boil and turn the heat down to simmer. Cook, stirring occasionally until thickened, 10-12 mins.



## Veg Prep

**a)** Meanwhile, peel and grate the **garlic** (or use a **garlic press**).

**b)** Halve, peel and thinly slice the **shallot**.



## Finish It Off

**a)** 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.

**b)** Stir through half the **hard Italian style cheese**.

**c)** Stir through the **creme fraiche** and bring to a boil. Remove from the heat.

**d)** Taste and season with **salt** and **pepper** if needed.

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



## Cook the Chicken

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

**b)** 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.

**c)** Fry until golden brown on the outside, 5-6 mins.

**d)** Add the **shallot** to the **chicken** and cook until soft, 3-4 minutes.



## Time to Serve

**a)** Pop the drained **pasta** into the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.

**b)** Share the **pasta** and **sauce** between your bowls, sprinkle over the remaining **hard Italian style cheese**.

## Enjoy!