



Spicy Creamy Cajun Chicken Pasta with Spinach and Cheese

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

16



Penne Pasta



Garlic Clove



Red Onion



Diced Chicken Thigh



Cajun Spice Mix



Tomato Passata



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!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, garlic press and frying pan.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Diced Chicken Thigh**	280g	420g	560g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Tomato Passata	1 carton	1½ carton	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	100g	200g
Grated Hard Italian Style Cheese** 7 8)	40g	80g	80g
Crema 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	550g	100g
Energy (kJ/kcal)	3489/834	634/152
Fat (g)	34	6
Sat. Fat (g)	15	3
Carbohydrate (g)	78	14
Sugars (g)	11	2
Protein (g)	53	10
Salt (g)	2.18	0.40
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3172/758	577/138
Fat (g)	23	4
Sat. Fat (g)	12	2
Carbohydrate (g)	78	14
Sugars (g)	11	2
Protein (g)	58	10
Salt (g)	2.18	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) 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.

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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.



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 **water for the sauce** (see ingredients for amount), **passata** and **chicken stock paste**.
- Bring to a boil and turn the heat down to simmer. Cook, stirring occasionally, until thickened, 5-6 mins.



Veg Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **red onion** into small pieces.



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**, followed by the **crema fraiche**. Bring to a boil, stirring, then 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.



Fry 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 and equipment after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 5-6 mins.
- Add the **onion** to the **chicken** and cook, stirring occasionally, until softened, 3-4 mins.

CUSTOM RECIPE

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



Time to Serve

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

Enjoy!