



Spicy Creamy Cajun Chicken Pasta

with Spinach and Cheese

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

1



Penne Pasta



Garlic Clove



Echalion Shallot



Diced Chicken Thigh



Cajun Spice Mix



Tomato Passata



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Creme Fraiche



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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

Cooking tools

Saucepan, colander, garlic press, frying pan and bowl.

Ingredients

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
Tomato Passata	1 carton	1 carton	1 carton
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

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*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)	33.4	7.1
Sat. Fat (g)	15.2	3.2
Carbohydrate (g)	74.2	15.7
Sugars (g)	9.2	1.9
Protein (g)	51.3	10.9
Salt (g)	2.14	0.45
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	3071/734	649/155
Fat (g)	22.5	4.7
Sat. Fat (g)	12.4	2.6
Carbohydrate (g)	74.2	15.7
Sugars (g)	9.2	1.9
Protein (g)	56.8	12.0
Salt (g)	2.14	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Pasta

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

b) When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back into the pan. Drizzle of **oil** and stir through to stop it sticking together.



Veg Prep

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

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



Fry the Chicken

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

b) Once hot, add the **chicken** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

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

d) Add the **shallot** to the **chicken** and cook, stirring occasionally, until softened, 3-4 mins.

CUSTOM RECIPE

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



Simmer and Spice

a) Add the **garlic** and **Cajun spice mix** (add less if you don't like too much heat) to the pan. Cook, stirring frequently, for 1 min.

b) Stir in the **water for the sauce** (see ingredients for amount), **passata** and **chicken stock paste**.

c) Bring to the boil, then lower the heat. Simmer, stirring occasionally, until thickened, 5-6 mins.



Bring on the Creamy Sauce

a) Once the **sauce** has thickened slightly, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

b) Stir through **half** the **grated hard Italian style cheese**, followed by the **creme fraiche**. Bring to the boil, stirring, then remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

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



Finish and Serve

a) Add the **cooked pasta** to the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.

b) Share the **creamy Cajun chicken pasta** between your bowls and sprinkle over the remaining **cheese** to finish.

Enjoy!