



Spicy Creamy Cajun Chicken Pasta with Green Beans and Cheese

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

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Penne Pasta



Garlic Clove



Echalion Shallot



Diced Chicken Thigh



Cajun Style Spice Mix



Tomato Passata



Chicken Stock Paste



Green Beans



Grated Hard Italian Style Cheese



Creme Fraiche



Diced Chicken Breast

Recipe Update

The recent hot weather has impacted our regular supply of spinach, so you'll instead receive green beans. As such, your dish may look slightly different to what's pictured. Don't worry, we've updated the instructions so it'll still be just as delicious!

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 and frying pan.

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 Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Green Beans**	80g	150g	150g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
Crème Fraîche** 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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3437 / 821	729 / 174
Fat (g)	33.9	7.2
Sat. Fat (g)	15.7	3.3
Carbohydrate (g)	80.1	17.0
Sugars (g)	13.3	2.8
Protein (g)	53.4	11.3
Salt (g)	2.27	0.48

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3156 / 754	669 / 160
Fat (g)	22.4	4.7
Sat. Fat (g)	12.5	2.7
Carbohydrate (g)	80.1	17.0
Sugars (g)	13.3	2.8
Protein (g)	56.4	12.0
Salt (g)	2.2	0.47

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

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.

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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 with **oil** and stir through to stop it sticking together.



Simmer and Spice

a) Add the **garlic** and **Cajun style spice mix** (add less if you'd prefer things milder) to the pan. Cook, stirring frequently, for 1 min.

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

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



Prep Time

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

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

c) Trim the **green beans**, then cut into thirds.



Bring on the Creamy Sauce

a) Once the **sauce** has thickened slightly, stir through **half** the **grated hard Italian style cheese**, followed by the **crème fraîche**. 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.



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** and **green beans** 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.



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.

c) Sprinkle over the remaining **cheese** to finish.

Enjoy!