



Spicy Creamy Cajun Chicken Pasta with Spinach and Cheese

Rapid 20 Minutes • Medium Spice

16



Penne Pasta



Garlic Clove



Diced Chicken Thigh



Cajun Spice Mix



Tomato Puree



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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Diced Chicken Thigh**	260g	390g	520g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	60g	60g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Crema Fraiche** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	349g / 769	100g / 220
Fat (g)	32.0	9.2
Sat. Fat (g)	15.2	4.4
Carbohydrate (g)	70.9	20.3
Sugars (g)	6.7	1.9
Protein (g)	50.9	14.6
Salt (g)	1.96	0.56

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	349g	100g
Energy (kJ/kcal)	2955 / 706	846 / 202
Fat (g)	21.8	6.3
Sat. Fat (g)	12.2	3.5
Carbohydrate (g)	70.7	20.2
Sugars (g)	6.7	1.9
Protein (g)	53.7	15.4
Salt (g)	1.90	0.54

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

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- 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 and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Simmer and Spice

- Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the pan. Cook, stirring frequently, for 1 min.
- Stir in the **tomato puree**, **chicken stock paste** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then lower the heat. Simmer, stirring occasionally, until thickened, 5-6 mins.



Garlic Time

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



Bring on the Creamy Sauce

- Once the **sauce** has thickened slightly, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through **half** the **grated hard Italian style cheese**, followed by the **crema fraiche**. Bring to the boil, stirring, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Finish and Serve

- Add the **cooked pasta** to the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.
- Share the **creamy Cajun chicken pasta** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!