



# Creamy Chicken & Spinach Penne

with Parmesan

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Zucchini



Basil



Chicken Thigh



Penne



Italian Herbs



Tomato Paste



Light Cooking Cream



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Stock

Hands-on: **20-30 mins**  
 Ready in: **35-45 mins**

Eat me early

If you're up for a simple but flavourful dish, then this bowl of penne is right up your alley. Packed with juicy chicken, fragrant Italian herbs and topped with Parmesan, this meal ensures every bite is super delicious.

### Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
zucchini	1	2
basil	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
penne	1 packet	2 packets
Italian herbs	½ sachet	1 sachet
butter*	20g	40g
tomato paste	1 sachet	2 sachets
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
chicken stock	1 cube	2 cubes

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4364kJ (1043Cal)	655kJ (156Cal)
Protein (g)	59.9g	9g
Fat, total (g)	49.5g	7.4g
- saturated (g)	25.6g	3.8g
Carbohydrate (g)	87.1g	13.1g
- sugars (g)	16.8g	2.5g
Sodium (mg)	1374mg	206mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Cut the **zucchini** into 1cm chunks. Pick and thinly slice the **basil** leaves (reserve a few leaves for garnish!). Cut the **chicken thigh** into 2cm chunks.



### 2. Cook the pasta

Add the **penne** to the boiling water and cook until 'al dente', **10 minutes**. Reserve **1 cup of pasta water**, drain, then return the **penne** to the saucepan and **drizzle** with **olive oil** to prevent sticking.

**TIP:** 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



### 3. Cook the chicken

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **chicken**, **Italian herbs** (see **ingredients list**) and a **pinch of salt** and **pepper** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.



### 4. Start the sauce

Return the frying pan to a medium-high heat, then heat the **butter** and a **drizzle of olive oil**. Add the **onion** and **zucchini** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and **tomato paste** and cook until fragrant, **1 minute**.



### 5. Bring everything together

Reduce the heat to low. Add the **light cooking cream**, the **salt**, **basil**, **baby spinach leaves**, **1/2 the grated Parmesan cheese**, **pasta water** (**1/3 cup for 2 people / 2/3 cup for 4 people**) and crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine and simmer for **2 minutes**. Add the **penne**, **chicken** and any **chicken resting juices**. Stir until heated through. Season to taste with **pepper**.

**TIP:** Add a dash more pasta water if the sauce looks too thick.



### 6. Serve up

Divide the creamy chicken and spinach penne between bowls. Top with the remaining grated Parmesan cheese. Garnish with reserved basil leaves.

### Enjoy!