



CREAMY TOMATO & CHICKEN PENNE

with Baby Spinach



Make a creamy
tomato pasta



Garlic



Thyme



Brown Onion



Zucchini



Basil



Chicken Thigh



Penne



Tomato Paste



Chicken Stock



Cooking Cream



Baby Spinach
Leaves



Shaved Parmesan
Cheese



Hands-on: **20** mins
Ready in: **40** mins



Eat me early

A penne for your thoughts? Well, we're thinking of tender chicken and pasta in a rich and creamy sauce. With baby spinach and zucchini for goodness, and topped with Parmesan cheese, this is the bowl of your (and our) dreams!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Thinly slice the **brown onion**. Cut the **zucchini** into 1cm cubes. 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 for **9 minutes**, or until 'al dente'. Reserve **1 cup** of **pasta water**, drain, then return the pasta to the saucepan and **drizzle** with **olive oil** to prevent sticking.



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. Once hot, add the **chicken thigh** and a **pinch** of **salt** and **pepper** and cook, tossing, for **5-6 minutes** or until browned and cooked through. Transfer to a plate.



4 START THE SAUCE

In the same frying pan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **zucchini** and cook, stirring, for **5 minutes** or until softened. Add the **garlic** and **thyme** and cook for **1 minute** or until fragrant. Add a **generous drizzle of olive oil** and add the **tomato paste**. Cook the tomato paste, stirring, for **2 minutes** or until slightly darkened.

💡 **TIP:** Frying the tomato paste deepens its flavour.



5 BRING EVERYTHING TOGETHER

Add **2/3 cup pasta water** to the frying pan and crumble in **2 chicken stock** cubes. Stir to combine. Reduce the heat to low and add the **cooking cream**, **salt**, **basil**, **baby spinach leaves**, **chicken thigh** and any **resting juices** from the chicken. Stir until heated through. Add the **penne** and toss to coat. Season to taste with **pepper**.

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



6 SERVE UP

Divide the creamy tomato and spinach penne with chicken between bowls. Top with the **shaved Parmesan cheese**. Garnish with reserved basil leaves.

💡 **TIP:** For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	6 cloves
thyme	1 bunch
brown onion	2
zucchini	2
basil	1 punnet
chicken thigh	1 packet
penne	2 packets
butter*	40 g
tomato paste	3 sachets
chicken stock	2 cubes
cooking cream	1 tub (300 ml)
salt*	½ tsp
baby spinach leaves	1 bag (60 g)
shaved Parmesan cheese	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4130kJ (988Cal)	625kJ (149Cal)
Protein (g)	56.8g	8.6g
Fat, total (g)	40.1g	6.1g
- saturated (g)	21.7g	3.3g
Carbohydrate (g)	90.8g	13.7g
- sugars (g)	17.4g	2.6g
Sodium (g)	990mg	150mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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