

# Creamy Chicken Penne

with Parmesan & Zucchini

Grab your Meal Kit with this symbol



Brown Onion



Zucchini



Garlic



Chicken Breast



Penne



Italian Herbs



Passata



Chicken Stock Pot



Light Thickened Cream



Baby Spinach Leaves



Grated Parmesan Cheese

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**



Eat me early

Coat penne pasta with a creamy tomato sauce containing tender pieces of chicken, silky strands of grated zucchini and tasty Parmesan cheese, and you've got a new dish that's sure to please everyone.

### Pantry items

Olive Oil, Brown Sugar

## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
zucchini	1	2
garlic	2 cloves	4 cloves
chicken breast	1 small packet	1 large packet
penne	1 packet	2 packets
Italian herbs	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (400g)
salt*	¼ tsp	½ tsp
chicken stock pot	1 packet (20g)	1 packet (40g)
brown sugar*	½ tsp	1 tsp
light thickened cream	½ packet (75ml)	1 packet (150ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	536kJ (128Cal)
Protein (g)	53.6g	8.5g
Fat, total (g)	24.4g	3.9g
- saturated (g)	11.3g	1.8g
Carbohydrate (g)	88g	13.9g
- sugars (g)	16.4g	2.6g
Sodium (mg)	1365mg	216mg

## Allergens

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

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



## Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **brown onion** (see ingredients). Grate the **zucchini**. Finely chop the **garlic**. Cut the **chicken breast** into 2cm chunks.



## Cook the pasta

Add the **penne** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Drain and return to the saucepan. Add a drizzle of **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Cook the chicken

While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **chicken** and **Italian herbs**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Start the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **zucchini** and cook until softened, **2 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **passata**, **chicken stock pot**, the **salt** and **brown sugar**. Simmer until reduced slightly, **5-8 minutes**.



## Bring it all together

Add the **light thickened cream** (see ingredients), **chicken** and any **chicken resting juices** to the frying pan and stir to combine. Add the **baby spinach leaves** and stir until just wilted. Add the **penne** and stir to coat. Stir through the **grated Parmesan cheese** (reserve some for garnish!) until just melted.

**TIP:** Toss the penne and sauce in the large saucepan if your frying pan isn't big enough.



## Serve up

Divide the creamy chicken penne between bowls. Sprinkle with the reserved Parmesan.

Enjoy!