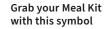
Creamy Chicken Penne with Parmesan & Zucchini





















Garlic & Herb Seasoning





Chicken Stock









Grated Parmesan



Olive Oil, Brown Sugar

Hands-on: 20-30 mins Ready in: 30-40 mins



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.

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1/2	1	
zucchini	1	2	
garlic	2 cloves	4 cloves	
chicken breast	1 small packet	1 large packet	
penne	1 packet	2 packets	
garlic & herb seasoning	1 sachet	2 sachets	
passata	1 box	2 boxes	
chicken stock pot	1 packet (20g)	1 packet (40g)	
brown sugar*	1 tsp	2 tsp	
light thickened cream	1 medium packet	2 medium packets	
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)	
grated Parmesan cheese	1 packet (30g)	2 packets (60g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3626kJ (867Cal)	549kJ (131Cal)
Protein (g)	59.5g	9g
Fat, total (g)	26.4g	4g
- saturated (g)	14.7g	2.2g
Carbohydrate (g)	93.9g	14.2g
- sugars (g)	21.1g	14.2g
Sodium (mg)	1472mg	223mg

The quantities provided above are averages only.

Allergens

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

Visit 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

Cook the **penne** in the boiling water until 'al dente', **9 minutes.** Drain and return to the saucepan.

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



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, tossing occasionally, until browned and cooked through, 4-6 minutes. Transfer to a plate and set aside.

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. Cook the onion until softened. **3-4 minutes**. Add the **zucchini**, **garlic**, and **garlic** & herb seasoning and cook until softened and fragrant, 2 minutes. Add the passata, chicken stock pot, a pinch of salt and the brown sugar. Simmer until thickened slightly, 5-8 minutes.



Bring it all together

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



Serve up

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

Enjoy!

Rate your recipe Scan here to rate this recipe!

