



Creamy Chicken Penne

with Parmesan & Zucchini

Grab your Meal Kit with this symbol



Brown Onion



Zucchini



Garlic



Chicken Breast



Penne



Garlic & Herb Seasoning



Passata



Chicken Stock Pot



Light Thickened Cream



Baby Spinach Leaves



Grated Parmesan Cheese

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

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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
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.



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**.



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.



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.



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.



Serve up

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

Enjoy!

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