



Sicilian Chicken Spaghetti

with Roasted Veggies

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Tomato



Red Onion



Garlic



Long Red Chilli (Optional)



Chicken Breast



Italian Herbs



Spaghetti



Tomato Paste



Passata



Capers



Shaved Parmesan Cheese

Hands-on: 25-35 mins
Ready in: 30-40 mins

Spicy (optional long red chilli)

Eat me early

Featuring favourite flavours from Sicilian cuisine, such as capers, tomato and zucchini, this sensational pasta dish is that perfect combination of comforting and incredibly tasty.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper ·
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
tomato	1	2
red onion	1	2
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
balsamic vinegar*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
chicken breast	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
spaghetti	1 packet	2 packets
tomato paste	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (400g)
butter*	20g	40g
capers	1 packet	2 packets
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3770kJ (900Cal)	462kJ (110Cal)
Protein (g)	64.0g	7.9g
Fat, total (g)	23.0g	2.8g
- saturated (g)	12.2g	1.5g
Carbohydrate (g)	99.9g	12.3g
- sugars (g)	24.2g	3.0g
Sodium (g)	1100mg	135mg

Allergens

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



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Thinly slice the **zucchini** into half-moons. Quarter the **tomato**. Cut the **red onion** into 1cm wedges. Finely chop the **garlic** (or use a garlic press). Thickly slice the **long red chilli** (if using). Place the **capsicum, zucchini, tomato, onion, garlic, chilli** (if using), **balsamic vinegar** and **brown sugar** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender and lightly charred, **20-25 minutes**.

TIP: Cut the veggies to the correct size to ensure they cook in the allocated time.



4. Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing, until just browned, **2-3 minutes**.



2. Get prepped

While the veggies are roasting, bring a medium saucepan of salted water to the boil. Cut the **chicken breast** into bite-sized chunks. Place the **chicken, Italian herbs** and the **salt** in a medium bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat.



5. Make the sauce

Add the **tomato paste** to the frying pan and toss to coat. Add the **passata** and some **pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)** and stir to combine. Reduce the heat to medium and simmer until the sauce has thickened slightly, **2-3 minutes**. Add the **butter** and stir until melted. Stir through the roasted **veggies** and drained **capers**. Add the **spaghetti** and toss to combine.

TIP: Add a dash more pasta water if the sauce looks dry.



3. Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **9 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**, then drain the **spaghetti** and return to the pan. **Drizzle** with **olive oil** to prevent sticking and set aside.

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



6. Serve up

Divide the Sicilian chicken spaghetti with roasted veggies between bowls. Top with the **shaved Parmesan cheese**.

Enjoy!