



# Pre-Marinated Chicken & Creamy Spaghetti

with Smokey Capsicum Sauce & Baby Spinach

HIGHEST RATED

KID FRIENDLY

Grab your meal kit with this number

36



Spaghetti



Tomato



Herby Marinated Chicken Thigh



Sliced Leek



Classic Roast Seasoning



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Spinach Leaves



Chilli Flakes (Optional)



Herby Marinated Chicken Thigh



Diced Bacon

Prep in: 15-25 mins  
Ready in: 15-25 mins

Eat Me Early

Light the candles and roll out the red-and-white checked blanket - it's spaghetti night. Tender chicken is tossed through twirl-worthy pasta in a rich chargrilled capsicum sauce, finished with a sprinkle of chilli flakes to light up your tastebuds.

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
spaghetti	1 medium packet	1 large packet
<b>reserved pasta water*</b>	¼ cup	½ cup
tomato	1	2
herby marinated chicken thigh	320g	640g
sliced leek	1 medium packet	1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
chilli flakes  (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4470kJ (1070Cal)	889kJ (213Cal)
Protein (g)	50.4g	10g
Fat, total (g)	167g	33.2g
- saturated (g)	33.5g	6.7g
Carbohydrate (g)	81.1g	16.1g
- sugars (g)	14.5g	2.9g
Sodium (mg)	1590mg	316mg
Dietary Fibre (g)	5.7g	1.1g

The quantities provided above are averages only.

## Allergens

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

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

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW08



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## Cook the spaghetti

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **spaghetti** in the boiling water until “al dente”, **9 minutes**.
- Reserve some **pasta water** (see ingredients). Drain **spaghetti**, then return to saucepan.

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

3



## Make the sauce

- Reduce heat to medium. Add **tomato** and cook until softened, **3-5 minutes**.
- Stir in **classic roast seasoning** and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder**, **chargrilled capsicum relish** and the **reserved pasta water**. Stir to combine and simmer until slightly reduced, **1 minute**.
- Remove from heat, then add **cooked spaghetti** and **baby spinach leaves**, stirring until wilted. Season to taste with **salt** and **pepper**.

2



## Get prepped

- Meanwhile, roughly chop **tomato**.
- Cut **herby marinated chicken thigh** into 2cm chunks.
- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **sliced leek** and **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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

4



## Finish & serve

- Divide chicken and creamy spaghetti between bowls.
- Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

**CUSTOM  
OPTIONS**



### HERBY MARINATED CHICKEN THIGH:

Follow method above, cooking in batches if necessary.



### DICED BACON:

Cook with chicken, breaking up with a spoon, until golden, 6-7 minutes.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

