

CREAMY CHICKEN PENNE

with Parmesan & Greens



This saucy creation uses a creamy tomato sauce to coat penne, with chunks of tender chicken and flavoursome

Parmesan. Add baby spinach that gently wilts when tossed with the pasta, and you've got a new recipe that's sure to



Add broccoli to a pasta sauce











Chicken Breast





Italian Herbs



Crushed & Sieved



Chicken Stock



Pure Cream



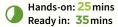
Baby Spinach



Cheese

Grated Parmesan

Pantry Staples: Olive Oil, Brown Sugar





please everyone.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large saucepan · large frying pan



GET PREPPED

Bring a large saucepan of salted water to the boil. Thinly slice the **red onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the garlic (or use a garlic press). 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.

TIP: 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle. Drizzle with a little olive oil and cover with a lid to keep warm.



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, add the chicken and cook, tossing occasionally, until browned and cooked through, 5-6 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 mediumhigh heat with a drizzle of olive oil. Add the onion and broccoli and cook until softened, 3-4 minutes. Add the garlic and Italian herbs and cook until fragrant, 1 minute. Add the crushed & sieved tomatoes (see ingredients list), crumble in the chicken stock cubes and add the salt and brown sugar. Simmer until reduced slightly, 10 minutes.



BRING IT ALL TOGETHER

Add the pure cream (see ingredients list), 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. 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!

INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
broccoli	1 head
garlic	4 cloves
chicken breast	1 packet
penne	2 packets
Italian herbs	2 sachets
crushed & sieved tomatoes	1½ tins (600 g)
chicken stock	2 cubes
salt*	½ tsp
brown sugar*	1 tsp
pure cream	1/2 bottle (150 ml)
baby spinach leaves	1 bag (60 g)
grated Parmesan cheese	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4810kJ (1150Cal)	707kJ (169Cal)
Protein (g)	61.2g	9.0g
at, total (g)	56.6g	8.3g
saturated (g)	30.9g	4.5g
Carbohydrate (g)	88.4g	13.0g
sugars (g)	15.1g	2.2g
Sodium (g)	1010mg	148mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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