



# CREAMY CHICKEN PENNE

with Parmesan & Greens



Add broccoli to a pasta sauce



Red Onion



Broccoli



Garlic



Chicken Breast



Penne



Italian Herbs



Crushed & Sieved Tomatoes



Chicken Stock



Pure Cream



Baby Spinach Leaves



Grated Parmesan Cheese



Hands-on: **25 mins**  
Ready in: **35 mins**



Eat me early

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 please everyone.

**Pantry Staples:** Olive Oil, Brown Sugar



## BEFORE YOU START

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

- **large saucepan** • **large frying pan**



### 1 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.



### 2 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.



### 3 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.



### 4 START THE SAUCE

Return the frying pan to a medium-high 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**.



### 5 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.



### 6 SERVE UP

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

## ENJOY!

## 4-5 PEOPLE 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	½ 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
Fat, 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2019 | WK34

HelloFRESH