



Creamy Tomato Chicken Penne

with Balsamic Apple Salad & Parmesan

Grab your Meal Kit with this symbol



Penne



Carrot



Apple



Garlic



Chicken Breast Strips



Tomato Paste



Garlic & Herb Seasoning



Longlife Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Mixed Salad Leaves

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Eat Me Early

A penne for your thoughts? Well, we're thinking of tender chicken and pasta in a rich and creamy pink sauce. With carrot for goodness, and a scattering of grated Parmesan cheese, this is the simple, yet tasty bowl of your (and our) dreams!

Pantry items

Olive Oil, Balsamic Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
carrot	1	2
apple	1	2
garlic	2 cloves	4 cloves
chicken breast strips	1 packet	1 packet
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3889kJ (929Cal)	746kJ (178Cal)
Protein (g)	50g	9.6g
Fat, total (g)	36.9g	7.1g
- saturated (g)	20.4g	3.9g
Carbohydrate (g)	96g	18.4g
- sugars (g)	19.5g	3.7g
Sodium (mg)	1949mg	374mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the penne & get prepped

- Bring a medium saucepan of salted water to the boil.
- Cook **penne** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **penne** to the saucepan.
- Meanwhile, grate **carrot**. Thinly slice **apple**. Finely chop **garlic**. Cut **chicken breast strips** into 2cm chunks.

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



Make it creamy

- Reduce frying pan heat to low, then add **longlife cream** (see ingredients), **chicken-style stock powder**, cooked **penne**, a splash of reserved **pasta water** and 1/2 the **grated Parmesan cheese** to the **chicken**. Stir until warmed through, **1-2 minutes**. Season to taste.

TIP: If the sauce looks too thick, stir through a splash more reserved pasta water to loosen.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook **chicken** and **carrot**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **garlic**, **tomato paste** (see ingredients) and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.



Serve up

- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season. Add **mixed salad leaves** and **apple**. Toss to coat.
- Divide creamy tomato chicken penne between bowls.
- Top with remaining Parmesan cheese. Serve with balsamic apple salad.

Enjoy!