



Plant-Based Chick'n & Chilli Tomato Spaghetti

with Pear-Rocket Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Spaghetti



Pear



Snacking Tomatoes



Plant-Based Chicken Strips



Garlic Paste



Nan's Special Seasoning



Chilli Flakes (Optional)



Vegetable Stock Powder



Tomato Sugo



Spinach, Rocket & Fennel Mix



Flaked Almonds



Chicken Breast

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



Plant-Based^A
^ACustom Recipe is not Plant-Based



Eat Me Early*
*Custom Recipe only

Calling all pasta lovers to add this one to their rotation, with plant-based chicken, tomatoes, almonds and chilli flakes taking centre stage. All you need is to whip up this quick salad on the side.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

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

You will need

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| spaghetti | 1 medium packet | 1 large packet |
| pear | 1 | 2 |
| snacking tomatoes | 1 punnet | 2 punnets |
| plant-based chicken strips | 1 packet | 2 packets |
| garlic paste | 1 packet | 2 packets |
| Nan's special seasoning | 1 medium sachet | 1 large sachet |
| chilli flakes (optional) | pinch | pinch |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| brown sugar* | 1 tsp | 2 tsp |
| tomato sugo | 1 packet | 2 packets |
| spinach, rocket & fennel mix | 1 small bag | 1 medium bag |
| balsamic vinegar* | drizzle | drizzle |
| flaked almonds | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2965kJ (709Cal) | 600kJ (143Cal) |
| Protein (g) | 44.4g | 9g |
| Fat, total (g) | 15.1g | 3.1g |
| - saturated (g) | 2g | 0.4g |
| Carbohydrate (g) | 92.2g | 18.7g |
| - sugars (g) | 22.3g | 4.5g |
| Sodium (mg) | 2652mg | 537mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2787kJ (666Cal) | 522kJ (125Cal) |
| Protein (g) | 48.7g | 9.1g |
| Fat, total (g) | 10.8g | 2g |
| - saturated (g) | 2.2g | 0.4g |
| Carbohydrate (g) | 88.4g | 16.5g |
| - sugars (g) | 18.6g | 3.5g |
| Sodium (mg) | 1611mg | 302mg |

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



1



Cook the spaghetti

- Boil the kettle. Fill a medium saucepan with boiling water. Bring to the boil over high heat, then add a pinch of **salt**.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** ($\frac{1}{3}$ cup for 2 people / $\frac{2}{3}$ cups for 4 people). Drain **spaghetti**, then return to saucepan.

3



Finish the sauce

- Stir in **vegetable stock powder**, the **brown sugar** and reserved **pasta water** and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat and add **tomato sugo** and cooked **spaghetti**, tossing until combined. Season to taste.
- Meanwhile, in a medium bowl, combine pear, **spinach, rocket & fennel mix** and a drizzle of the **balsamic vinegar** and olive oil. Season.

2



Start the sauce

- Meanwhile, thinly slice **pear** into wedges. Halve **snacking tomatoes**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.
- Add **tomatoes, garlic paste, Nan's special seasoning** and a pinch of **chilli flakes** (if using) and cook, tossing, until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped to chicken breast, slice chicken breast into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Continue as above.

4



Serve up

- Divide plant-based chick'n and chilli tomato spaghetti between bowls. Sprinkle over a pinch of **chilli flakes** (if using) and **flaked almonds**.
- Serve with pear salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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