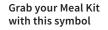


Plant-Based Chick'n & Chilli Tomato Spaghetti

with Pear-Rocket Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Spaghetti



Snacking Tomatoes

Chicken Strips





Nan's Special

Seasoning



Chilli Flakes



(Optional)

Powder

Tomato Sugo



Spinach, Rocket & Fennel Mix



Flaked Almonds



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

Plant-Based^ ^Custom Recipe is Eat Me Early* not Plant-Based *Custom Recipe only

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

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 Recine		

Per 100g Energy (kJ) 48.7g Protein (g) 9.1g Fat, total (g) 10.8g 2g 2.2g 0.4g - saturated (g) Carbohydrate (g) 88.4g 16.5g 18.6g 3.5g - sugars (g) 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





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 (1/3 cup for 2 people / 2/3 cups for 4 people). Drain spaghetti, then return to saucepan.



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.



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.



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate