

Easy Chicken Parma Rosa Spaghetti with Parmesan Cheese & Garden Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol











Spaghetti Chicken Breast





Tomato Paste

Sliced Mushrooms



Nan's Special Seasoning



Mixed Salad

Parmesan Cheese







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

Check out how much good stuff is about to go into this dish. Between the tender mushrooms, tasty chicken and sharp Parmesan,



Eat Me Early

we really don't know why you're still reading this. Get started and enjoy every bite of this perfect pasta!

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

Large saucepan · Large frying pan

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
3 cloves	6 cloves		
1	2		
1 medium packet	1 large packet		
1 small packet	2 small packets OR 1 large packet		
1 medium packet	1 large packet		
1 packet	2 packets		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium bag	1 large bag		
drizzle	drizzle		
1 small packet	2 small packets OR 1 large packet		
	refer to method 3 cloves 1 1 medium packet 1 small packet 1 medium packet 1 packet 1 medium sachet 1 medium sachet 1 medium packet 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (760Cal)	607kJ (145Cal)
Protein (g)	54.6g	10.4g
Fat, total (g)	24.1g	4.6g
- saturated (g)	12.6g	2.4g
Carbohydrate (g)	76.5g	14.6g
- sugars (g)	11.1g	2.1g
Sodium (mg)	696mg	133mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3931kJ (940Cal)	571kJ (136Cal)
Protein (g)	88.6g	12.9g
Fat, total (g)	28.8g	4.2g
- saturated (g)	14.1g	2g
Carbohydrate (g)	76.5g	11.1g
- sugars (g)	11.1g	1.6g
Sodium (mg)	780mg	113mg

The quantities provided above are averages only.

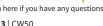
Allergens

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.
- Finely chop garlic. Roughly chop tomato.
- Fill a large saucepan with boiling water and a pinch of salt. Cook spaghetti in boiling water over high heat until 'al dente', 10 minutes.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) then drain and return spaghetti to the saucepan with a drizzle of olive oil.



Bring it all together

- Reduce heat to medium, then stir in light cooking cream and reserved pasta water. Cook until slightly thickened, 1-2 minutes.
- Stir through Parmesan cheese and cooked spaghetti. Season and stir to combine.
- Meanwhile, in a medium bowl, combine mixed salad leaves, tomato, a pinch of salt and a drizzle of the white wine vinegar and olive oil.



Cook the chicken

- Meanwhile, cut chicken breast into 2cm chunks.
- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, add chicken and sliced mushrooms and season with salt and **pepper**. Cook, tossing occasionally, until browned and cooked through, 5-6 minutes.
- · Add garlic, tomato paste and Nan's special seasoning and cook until fragrant, 1 minute.

Custom Recipe: If you've doubled your chicken breast, cook chicken in batches for the best results. Return all chicken to the pan before adding garlic, tomato paste and Nan's special seasoning, as above.



Serve up

- Divide easy chicken parma rosa spaghetti between bowls.
- · Serve with garden salad. Enjoy!

Rate your recipe