



Easy Chicken Parma Rosa Spaghetti

with Parmesan Cheese & Garden Salad

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Tomato



Spaghetti



Chicken Breast



Sliced Mushrooms



Tomato Paste



Nan's Special Seasoning



Light Cooking Cream



Parmesan Cheese



Mixed Salad Leaves



Chicken Breast

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

Eat Me Early

Check out how much good stuff is about to go into this dish. Between the tender mushrooms, tasty chicken and sharp Parmesan, we really don't know why you're still reading this. Get started and enjoy every bite of this perfect pasta!

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

Pantry items

Olive Oil, White Wine 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

Large saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|--|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| tomato | 1 | 2 |
| spaghetti | 1 medium packet | 1 large packet 2 small packets OR 1 large packet |
| chicken breast | 1 small packet | |
| sliced mushrooms | 1 medium packet | 1 large packet |
| tomato paste | 1 packet | 2 packets |
| Nan's special seasoning | 1 medium sachet | 1 large sachet |
| light cooking cream | 1 medium packet | 1 large packet |
| Parmesan cheese | 1 medium packet | 1 large packet |
| mixed salad leaves | 1 medium bag | 1 large bag |
| white wine vinegar* | drizzle | drizzle |
| 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) | 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



1



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** (¼ cup for 2 people / ½ cup for 4 people) then drain and return **spaghetti** to the saucepan with a drizzle of **olive oil**.

3



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.

2



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.

4



Serve up

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

Rate your recipe

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