



Creamy Pulled Chicken & Cherry Tomato Penne

with Parmesan Cheese

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Penne



Snacking Tomatoes



Garlic



Slow-Cooked Chicken Breast



Soffritto Mix



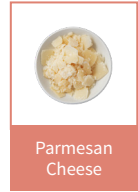
Tomato & Herb Seasoning



Thickened Cream



Parmesan Cheese



Parmesan Cheese

Prep in: 10-20 mins
Ready in: 20-30 mins

Eat Me Early

Creamy pulled chicken is the talk of the town and by town, we mean the Hellowfresh kitchen. With 'al dente' penne and only the very best veggies, you'll have yourself a creamy pasta number in no time.

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

Pantry items

Olive Oil

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 medium packet	2 medium packets
snacking tomatoes	1 packet	2 packets
garlic	2 cloves	4 cloves
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
tomato & herb seasoning	1 sachet	2 sachets
thickened cream	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (694Cal)	655kJ (157Cal)
Protein (g)	41.1g	9.3g
Fat, total (g)	22.3g	5g
- saturated (g)	12.1g	2.7g
Carbohydrate (g)	77.2g	17.4g
- sugars (g)	9.6g	2.2g
Sodium (mg)	1344mg	303mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3110kJ (743Cal)	682kJ (163Cal)
Protein (g)	45.2g	9.9g
Fat, total (g)	26g	5.7g
- saturated (g)	14.7g	3.2g
Carbohydrate (g)	77.5g	17g
- sugars (g)	9.8g	2.1g
Sodium (mg)	1476mg	324mg

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 penne

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **penne** in boiling water until 'al dente', **12 minutes**.
- Reserve **pasta water**, ($\frac{1}{3}$ cup for 2 people / $\frac{2}{3}$ cups for 4 people). Drain **penne**, then return to saucepan.



Finish the pasta

- Reduce heat to medium, then stir in **thickened cream**, the **reserved pasta water** and **shredded chicken** and cook until heated through and slightly reduced, **1-2 minutes**.
- Remove from heat and add **cooked penne** and half the **Parmesan cheese**, stirring until combined. Season generously to taste.

TIP: Add a splash more water if the sauce looks dry.

Custom Recipe: If you've doubled your Parmesan cheese, add half the Parmesan to the pasta as above.



Start the pasta

- Meanwhile, halve **snacking tomatoes**.
- Finely chop **garlic**.
- Drain **slow-cooked chicken breast**, then transfer to a bowl and roughly shred.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **soffritto mix** and **snacking tomatoes**, stirring, until tender, **4-5 minutes**.
- Add **garlic and tomato & herb seasoning** and cook until fragrant, **1 minute**.



Serve up

- Divide creamy pulled chicken and cherry tomato penne between bowls.
- Top with remaining Parmesan to serve. Enjoy!

Custom Recipe: Sprinkle remaining Parmesan over penne as above.

Rate your recipe

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