



One-Pot Cheesy Chicken Meatballs & Penne

with Baby Spinach Leaves

NEW

Grab your Meal Kit with this symbol



Chicken Mince



Fine Breadcrumbs



Aussie Spice Blend



Tomato



Garlic & Herb Seasoning



Penne



Chicken Stock Pot



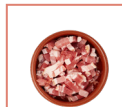
Light Cooking Cream



Baby Spinach Leaves



Shaved Parmesan Cheese



Diced Bacon

Prep in: 30-40 mins
Ready in: 50-60 mins

Eat Me Early

In just one pot, whip up this chicken and pasta fusion dish that takes all of our favourite flavours and combines them into this masterpiece. Let Aussie-spiced chicken meatballs take centre stage as the herby sauce cooks right to perfection and finish it off with a sprinkling of Parmesan cheese!

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

Pantry items

Olive Oil, Egg, Butter

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken mince	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
tomato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
penne	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	2 packets (40g)
boiling water*	2 cups	4 cups
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3589kJ (858Cal)	807kJ (193Cal)
Protein (g)	51.5g	11.6g
Fat, total (g)	32.8g	7.4g
- saturated (g)	18g	4g
Carbohydrate (g)	85.9g	19.3g
- sugars (g)	10.6g	2.4g
Sodium (mg)	1873mg	421mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	813kJ (194Cal)
Protein (g)	58.2g	11.9g
Fat, total (g)	39.7g	8.1g
- saturated (g)	20.5g	4.2g
Carbohydrate (g)	86.7g	17.7g
- sugars (g)	11.1g	2.3g
Sodium (mg)	2305mg	471mg

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



Get prepped

- In a medium bowl, combine **chicken mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**. Set aside to rest for 5 minutes.
- Boil the kettle. Roughly chop **tomato**.

TIP: Letting the mixture rest helps the meatballs hold their shape while cooking.



Start the sauce

- To pan, add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **penne**, **chicken stock pot** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and return **meatballs**, stirring to combine. Bring to the boil then reduce heat to medium-low. Cover with a lid and simmer, stirring occasionally, until penne is 'al dente', **15-20 minutes**.



Make the meatballs

- Using damp hands, roll heaped spoonfuls of **chicken mixture** into **meatballs** (4-5 per person). Transfer to a plate.



Finish the sauce

- Remove lid from pan and stir in **light cooking cream**, **baby spinach leaves**, the **butter** and 1/2 the **shaved Parmesan cheese**, until leaves are wilted and the sauce has slightly thickened, **1-2 minutes**. Season to taste.



Cook the meatballs

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **3-5 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato**, stirring, until softened, **2-3 minutes**.

Custom Recipe: If you've added diced bacon, cook diced bacon with the tomato, breaking bacon up with a spoon, until golden, 4-5 minutes.



Serve up

- Divide one-pot cheesy chicken meatballs and penne between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

Rate your recipe

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