



Cooking Made Easy

hello@hellofresh.com



MAR Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [v](#)
2015 You'll be entered into our weekly photo contest!

Chicken Penne with Tomato-Spinach Cream Sauce



If it ain't broke, don't fix it. That's what we have to say about the tried-and-true combination of spinach and sun-dried tomatoes. Folded into a creamy tomato sauce with juicy bites of chicken and ample parmesan, this is a bowl of pasta to curl up with.



30 min



level 1



nut
free



spicy



Chicken Breast



Spinach



Garlic



Sour Cream



Sun-Dried Tomatoes



Parmesan Cheese



Penne



Diced Tomatoes



Chili Flakes

Ingredients	2 People	4 People
Chicken Breast	2	4
Spinach	8 oz	16 oz
Garlic	2 cloves	4 cloves
Sour Cream	1) ¼ C	½ C
Parmesan Cheese	1) ¼ C	½ C
Sun-Dried Tomatoes	1 ½ oz	3 oz
Penne	2) 3) 6 oz	12 oz
Diced Tomatoes	1 can	2 cans
Chili Flakes	1 t	2 t
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Eggs

Tools

Large Pot,
Large Pan,
Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 867 cal | Carbs: 88 g | Fat: 28 g | Protein: 66 g | Fiber: 13 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Mince or grate the **garlic**. Thinly slice the **sun-dried tomatoes**. Cut the **chicken** into ½-inch strips and season with **salt** and **pepper**.



2 Heat ½ tablespoon **olive oil** in a large pan over medium heat. Add the **chicken** and cook, tossing, for 4-5 minutes, until golden brown and cooked through. Set aside.



3 Add the **penne** to the **boiling water** and cook for about 9-10 minutes, until al dente.



4 Meanwhile, heat another ½ tablespoon **olive oil** over medium heat in the same pan. Add the **garlic** and ¼ teaspoon **chili flakes** (or more if you can take the heat!) and cook 30 seconds, until fragrant. Add the **diced tomatoes** and **sun-dried tomatoes** and simmer for another 4-5 minutes.

5 Add the **sour cream** and the **spinach** to the pan and stir until spinach wilts, about 1-2 minutes. If the sauce becomes too thick, add a splash of pasta water. Season with **salt** and **pepper**.

6 If you haven't already, drain the **pasta**. Add it to the pan along with the **chicken** and toss to coat and heat through.

7 Divide pasta among bowls and top with **parmesan cheese**!

Did You Know? In lieu of hours at the stove, using sun-dried tomatoes helps to add a concentrated, sweet tomato flavor in no time at all!