



BLACKENED CHICKEN PENNE

with Charred Poblano & Monterey Jack Cheese

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Poblano
Pepper



1 | 1
Yellow Onion



1 Clove | 2 Cloves
Garlic



1 | 2
Roma Tomato



10 oz | 20 oz
Chicken Breast
Strips



1 TBSP | 2 TBSP
Blackening
Spice



6 oz | 12 oz
Penne Pasta
Contains: Wheat



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



1 tsp | 2 tsp
Hot Sauce



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1040



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 870



HELLO

BLACKENING SPICE

Our blend of smoked paprika, garlic, oregano, and thyme gives this pasta dish a bold kick!

SALTY SEAS-ON

When salting your pasta cooking water, don't be shy—you'll want to add a few big pinches until it tastes almost as salty as the sea!

This will help infuse the penne with enough seasoning (aka flavor) to complement the sauce.

BUST OUT

- Large pot
- Large bowl
- Paper towels
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk
- Medium pan Ⓢ
- Cooking oil (1 tsp | 1 tsp) Ⓢ

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* Chicken is fully cooked when internal temperature reaches 165°.

Ⓢ * Salmon is fully cooked when internal temperature reaches 145°.



1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Core, deseed, and dice **poblano** into ½-inch pieces. Halve, peel, and finely dice **half the onion (all for 4 servings)**. Peel and thinly slice **garlic**. Finely chop **tomato**.



4 COOK VEGGIES & CHICKEN

- While pasta cooks, heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **poblano** and a **pinch of salt**. Cook, undisturbed, until lightly charred, 3-4 minutes.
- Add **chicken** in a single layer and **diced onion**; cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes.
- Stir in **garlic**. Cook until fragrant, 1-2 minutes.
- Stir in **half the tomato** and a **pinch of salt**. Reduce heat under pan to medium low.

- Ⓢ While veggies cook, heat a **drizzle of oil** in a medium pan over medium-high heat. Add **salmon**, skin sides down, and cook until skin is crispy, 5-7 minutes. Flip and cook until opaque and cooked through, 1-2 minutes more. Remove from pan and set aside.



2 SEASON CHICKEN

- In a large bowl, combine a **large drizzle of olive oil**, **Blackening Spice**, and a **few big pinches of salt**.
- Pat **chicken*** dry with paper towels; add to bowl and turn to coat.
- Ⓢ Pat **salmon*** dry with paper towels. Season with **Blackening Spice**, **salt**, and **pepper**. Drizzle with **olive oil**; rub to coat.



5 TOSS PASTA

- Stir **cream cheese** and ½ **cup reserved pasta cooking water** (¾ **cup for 4 servings**) into pan with **chicken and veggie mixture**.
- Add drained **penne** and cook, stirring, until thoroughly combined, 1-2 minutes. Turn off heat.
- Add **Monterey Jack**, **stock concentrate**, **2 TBSP butter** (3 TBSP for 4), and as much **hot sauce** as you like; stir until butter melts. Season with **salt** and **pepper**. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time until pasta is coated in a creamy sauce.**



3 COOK PASTA

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve ½ **cup pasta cooking water** (1 **cup for 4 servings**), then drain and set aside.



6 SERVE

- Divide **pasta** between bowls or plates. Garnish with **remaining tomato**. Drizzle with any **remaining hot sauce** if desired and serve.

- Ⓢ Top **pasta** with **salmon**.