



Creamy One Pot Fajita Chicken Pasta

with Pepper and Spinach

N° 7

FAMILY Hands On Time: 20 Minutes • Total Time: 30 Minutes • 1.5 of your 5 a day



Onion



Bell Pepper



Garlic Clove



Cheddar Cheese



Diced Chicken Thigh



Mexican Spice



Chicken Stock Powder



Rigatoni Pasta



Baby Spinach



Soured Cream

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Coarse Grater, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Diced Chicken Thigh**	280g	420g	560g
Mexican Spice	1 small sachet	1 large sachet	1 large sachet
Water for the Pasta*	600ml	900ml	1200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Rigatoni Pasta 13)	200g	300g	400g
Baby Spinach**	1 small bag	1 large bag	2 small bags
Soured Cream 7)**	¾ pouch	1 pouch	1½ pouches

*Not Included ** Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	3646 /872	690 /165
Fat (g)	32	6
Sat. Fat (g)	13	3
Carbohydrate (g)	91	17
Sugars (g)	14	3
Protein (g)	52	10
Salt (g)	1.53	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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♻️ You can recycle me!

Packed in the UK



1. Get Prepped

Halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar**.



2. Get Cooking

Heat a drizzle of **oil** in a large wide bottomed pan on high heat. Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**. Fry until golden brown, 4-5 mins (cook in batches if your pan is small). Stir occasionally. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Remove to a bowl with a slotted spoon. Add the **pepper** and **onion** to the pan and season with **salt** and **pepper**. Add a little more **oil** if needed. Stir-fry until they have softened, 4-5 mins.



3. Simmer

Return the **chicken** to the pan along with the **Mexican spice** and **garlic**. Stir and cook for 1 minute, then pour in the **water** (see ingredients for amount) and **chicken stock powder**. Stir in the **rigatoni** and bring the mixture to the boil.



4. Simmer!

Lower the heat to medium, cover the pan with a lid or some tin foil, and simmer until the **pasta** is tender, 12-14 mins. Stir every 3-4 mins to ensure it isn't sticking to the bottom of the pan. Once the **pasta** is cooked remove the lid and simmer until the liquid has thickened, 3-5 mins.



5. Dairy Time

Once the **pasta** is ready, stir in handfuls of the **spinach** and cook until wilted, 2-3 mins. You should be left with a little bit of thickened liquid. Stir in the **Cheddar** and **three quarters** of the **soured cream**. Bring to the boil. Remove from the heat, then taste and add **salt** and **pepper** if you feel it needs it.



6. Serve

Serve in bowls with a dollop of the remaining **soured cream** and a grind of **pepper**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.