



# Spicy Creamy Cajun Chicken Pasta

with Spinach and Cheese

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

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Penne Pasta



Garlic Clove



Echalion Shallot



Diced Chicken Thigh



Cajun Spice Mix



Tomato Passata



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Creme Fraiche



Diced Chicken Breast

## CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, colander, garlic press and frying pan.

## Ingredients

	2P	3P	4P
Penne Pasta <b>13)</b>	180g	270g	360g
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Diced Chicken Thigh**	280g	420g	560g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Crema Fraiche** <b>7)</b>	75g	120g	150g
Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	3427/819	655/157
Fat (g)	33.7	6.4
Sat. Fat (g)	15.2	2.9
Carbohydrate (g)	74.3	14.2
Sugars (g)	9.2	1.8
Protein (g)	52.6	10.1
Salt (g)	2.18	0.42
Custom Recipe	Per serving	Per 100g

for uncooked ingredient	523g	100g
Energy (kJ/kcal)	3111/743	595/142
Fat (g)	22.8	4.3
Sat. Fat (g)	12.4	2.4
Carbohydrate (g)	74.3	14.2
Sugars (g)	9.2	1.8
Protein (g)	58.1	11.1
Salt (g)	2.18	0.42

Nutrition for uncooked ingredients based on 2 person recipe.


## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Cook the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander. Pop back into the pan with a drizzle of **oil** and stir through to stop it sticking together.



## Spice up your Life

- Add the **garlic** and **Cajun spice mix** (add less if you don't like too much heat) to the pan. Cook, stirring frequently, for 1 min.
- Add the **water for the sauce** (see ingredients for amount), **passata** and **chicken stock paste**.
- Bring to a boil, then turn the heat down to simmer. Cook, stirring occasionally, until thickened, 5-6 mins.



## Veg Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **shallot**.



## Finish Up

- Once the **sauce** has thickened slightly, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through half the **grated hard Italian style cheese**, followed by the **crema fraiche**. Bring to a boil, stirring, then remove from the heat. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- Taste and season with **salt** and **pepper** if needed.



## Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- Fry until golden brown on the outside, 5-6 mins.
- Add the **shallot** to the **chicken** and cook, stirring occasionally, until softened, 3-4 mins.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Finish and Serve

- Add the **cooked pasta** to the **creamy sauce** and mix well to combine. Reheat until piping hot if needed.
- Share the **creamy Cajun chicken pasta** between your bowls and sprinkle over the remaining **cheese** to finish.

Enjoy!