



Creamy Chicken Pasta

with Spinach and Parmesan

Family Friendly

25-35 Minutes



-  Chicken Tenders
-  Spaghetti
-  Cream
-  Cream Sauce Spice Blend
-  Parmesan Cheese, shredded
-  Chicken Broth Concentrate
-  Baby Spinach
-  Onion, chopped
-  Garlic Salt

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Spaghetti	170 g	340 g
Cream	56 ml	113 ml
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Baby Spinach	56 g	113 g
Onion, chopped	56 g	113 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	3 tbsp	6 tbsp
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1



Prep

- Roughly chop **spinach**, if desired. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Pat **chicken** dry with paper towels on a separate cutting board. Cut into bite-sized pieces. Season with **half the garlic salt** and **pepper**.

4



Make sauce

- Sprinkle **Cream Sauce Spice Blend** over **chicken and onions**. Cook, stirring often, until coated, 30 sec.
- Reduce heat to medium-low, then add **1 cup water** (1 ½ cups for 4 ppl), **cream**, **broth concentrate** and **remaining garlic salt**. Simmer, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 3-4 min.**

2



Cook spaghetti

- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain **spaghetti**.

5



Finish creamy chicken pasta

- Add **spaghetti**, **half the reserved pasta water**, **spinach**, **half the Parmesan** and **1 tbsp butter** (dbl for 4 ppl) to the pan with **creamy chicken sauce**. (**TIP:** For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired.)
- Season with **pepper**, to taste, then toss to combine.

3



Cook chicken and onions

- Meanwhile, heat a large non-stick pan over medium (medium-high for 4 ppl).
- When hot, add **2 tbsp butter** (dbl for 4 ppl), then **chicken** and **onions**. Cook, tossing occasionally, until **onions** begin to soften and **chicken** is golden-brown, 2-4 min. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step!)

6



Finish and serve

- Divide **creamy chicken pasta** between plates.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!