

HELLO Curried Chicken Penne with Crispu Shallots

with Crispy Shallots

25 Minutes



Chicken Thighs *

280 g | 560 g





2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫









Tikka Sauce 2 | 4 ½ cup | 1 cup



Penne



Baby Spinach

28 g | 56 g

170 g | 340 g



Crispy Shallots 28 g | 28 g



Carrot

1 | 2



Curry Paste 2 tbsp | 4 tbsp

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. Cooking utensils | Vegetable peeler, colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels



Cook penne

- · Before starting, wash and dry all produce.
- 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.
- Add penne to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return penne to the same pot, off heat.



Cook carrots

- Meanwhile, heat a large pan over mediumhigh heat.
- Peel and quarter carrot lengthwise, then cut into ¼-inch quarter-moons.
- When the pan is hot, add carrots, ¼ cup
 (½ cup) water, then ½ tbsp (1 tbsp) butter.
 Season with salt and pepper.
- Cover and cook, stirring occasionally, until water evaporates and carrots are tender,
 5-6 min. (TIP: If carrots are tender before water evaporates, remove lid to finish cooking.)
- Transfer to a plate.



Sauté chicken

🔘 Swap | Chicken Thighs

- Meanwhile, roughly chop spinach.
- Pat chicken dry with paper towels, then cut into 1-inch pieces. Season with salt and pepper.
- When carrots are done, add 1 tbsp (2 tbsp)
 butter, then chicken to the pan. (NOTE:
 Cook chicken in 2 batches for 4 ppl, using 1 tbsp butter per batch.)
- Cook, flipping halfway through, until chicken is golden-brown, 3-4 min.



Make sauce

- Add carrots, penne, curry paste, tikka sauce and ½ cup (1 cup) reserved pasta water to the pan with chicken. Stir to combine, then bring to a simmer.
- When simmering, reduce heat to medium.
- Cook, stirring occasionally, until chicken is cooked through and sauce slightly thickens,
 2-4 min.** (TIP: If sauce reduces too fast, add remaining pasta water 1 tbsp at a time until you reach desired consistency.)



Finish penne

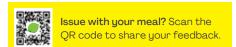
- Add **spinach**, **1 tbsp** (2 tbsp) **butter** and **1/4 cup** (1/2 cup) **milk** to the pan.
- Season with salt and pepper, to taste. Stir until butter melts and spinach wilts, 1 min.
- Remove the pan from heat.



Finish and serve

- Divide curried chicken penne between bowls.
- Sprinkle crispy shallots over top.

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



Measurements

3 | Sauté chicken

chicken breasts.*

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the

within steps

1 tbsp

(2 tbsp)

oil