



Creamy Cajun Chicken Pasta

with spinach and cheese

Family Quick Cook 20-25 mins

19



Diced Chicken Breast



Dried Rigatoni



Garlic



Cajun Spice Mix



Passata



Baby Spinach



Grated Italian Style Hard Cheese



Creme Fraiche



Shallot



Chicken Stock

Pantry Items: Water, Oil, Salt, Pepper, Sugar, Butter



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Dried Rigatoni	180 g	360 g
Garlic	1 unit	2 units
Cajun Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Baby Spinach	120 g	240 g
Grated Italian Style Hard Cheese	25 g	50 g
Creme Fraiche	110 g	220 g
Shallot	1 unit	2 units
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	479 g	100 g
Energy (kJ/kcal)	3142.2 kJ/ 751 kcal	656 kJ/ 156.8 kcal
Fat (g)	22.7 g	4.7 g
Sat. Fat (g)	12.1 g	2.5 g
Carbohydrate (g)	84.1 g	17.6 g
Sugars (g)	14.1 g	2.9 g
Protein (g)	48.4 g	10.1 g
Salt (g)	2.5 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Pasta

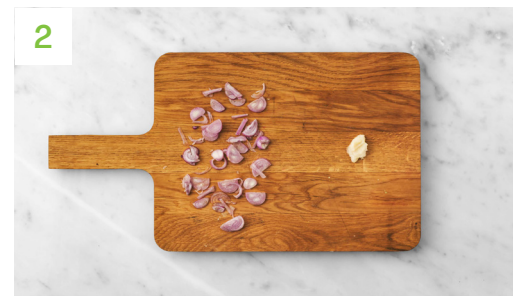
- Boil a large pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Start the Sauce

- Add 100ml **water**, ½ tsp **sugar** (double both for 4p), **passata** and **stock powder** to the pan.
- Bring to the boil then reduce the heat.
- Simmer until the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



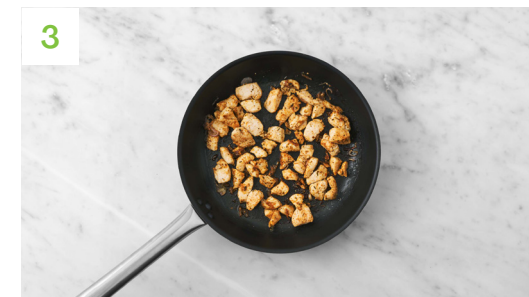
Get Prepped

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



Wilt the Spinach

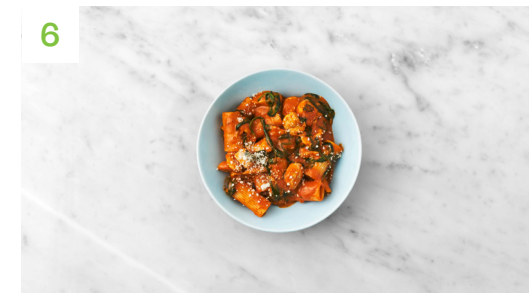
- Once the sauce has thickened slightly, add the **spinach** a handful at a time, stirring until wilted.
- Stir through the **creme fraiche** and a knob of **butter**. Bring to the boil then remove from the heat.
- Season the sauce to taste with **salt, pepper** and **sugar**.
- Add the drained **pasta** to the creamy sauce and toss to combine.



Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **shallot**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands after handling raw chicken.
- Fry until **chicken** is browned on the outside, 3-4 mins.
- Add the **garlic** and **Cajun spice**. Cook, stirring, 1 min.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Finish and Serve

- Divide your Cajun **chicken pasta** between bowls.
- Finish with a sprinkling of **cheese**.

Enjoy!