



Creamy Rosemary Chicken Spaghetti with Courgette Ribbon Salad

Family 30-35 Minutes • 1 of your 5 a day

7



Onion



Garlic Clove



Lemon



Courgette



Mature Cheddar
Cheese



Diced Chicken
Breast



Dried Rosemary



Chicken Stock
Paste



Creme Fraiche



Spaghetti

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Kettle, garlic press, fine grater, peeler, frying pan, bowl, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2	3	4
Lemon**	½	¾	1
Diced Chicken Breast**	280g	420g	560g
Dried Rosemary	1 sachet	1½ sachets	2 sachet
Courgette**	1	1	2
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Spaghetti 13)	180g	270g	360g
Mature Cheddar Cheese 7)	30g	45g	60g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3638/870	670/160
Fat (g)	40.2	7.4
Sat. Fat (g)	16.0	2.9
Carbohydrate (g)	81.6	15.0
Sugars (g)	13.6	2.5
Protein (g)	55.6	10.2
Salt (g)	1.43	0.26

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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.

Contact

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Get Prepped

Fill and boil your kettle.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

Trim and halve the **courgette**. Use a peeler to peel long ribbons down the length of one **half** of the **courgette**, stopping at the spongy centre. Quarter the remaining **half** lengthways and chop widthways into small pieces.

Grate the **Cheddar**.



Pasta Time

While the **sauce** simmers, pour the **boiled water** from your kettle into a large saucepan with **½ tsp salt** on high heat.

Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander (reserving some of the **pasta water**) and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Brown the Chicken

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **chicken** and **half** the **rosemary**, then season with **salt** and **pepper**. Stir-fry until browned all over, 5-6 mins, then transfer to a bowl and set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Return the (now empty) pan to medium heat with a drizzle of **oil**.

Once hot, add the **onion** and a good pinch of **sugar** (if you have any). Cook, stirring occasionally, until soft and sticky, 5-6 mins.



Mix the Courgette Salad

Meanwhile, in a small bowl, mix together the **lemon zest**, remaining **rosemary** and **olive oil for the dressing** (see ingredients for amount).

Season with **salt** and **pepper**, then add the **courgette ribbons** and toss to coat. Set aside.

Once the **chicken** has cooked and the **sauce** has thickened, stir the **Cheddar** and **cooked spaghetti** into the pan. Toss to coat and cook until piping hot.

Add a splash of the reserved **pasta water** to loosen if needed.



Make your Creamy Sauce

Once the **onions** have softened, increase the heat slightly and add the **chopped courgette**. Cook until starting to colour, 4-5 mins, then add the **garlic** and cook for 1 min more.

Add the **water for the sauce** (see ingredients for amount), **chicken stock paste**, **creme fraiche** and a knob of **butter** (if you have any).

Stir to combine, then return the **chicken** to the pan and simmer until cooked through, 7-8 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish and Serve

When ready, add a squeeze of **lemon juice** to the **pasta**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.

Share the **creamy chicken spaghetti** between your bowls.

Serve with the **courgette ribbon salad** on top for those who'd like it.

Enjoy!