

Crumbed Chicken & Creamy Tomato Spaghetti

with Salad Leaves

Grab your Meal Kit with this symbol



Garlic



Tomato



Spaghetti



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Tomato Paste



Garlic & Herb Seasoning



Longlife Cream



Chicken-Style Stock Powder



Salad Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
 Ready in: 30-40 mins

Eat Me Early

It's pasta night again, but we're shaking things up by piling on our glowing, crumbed chicken on top of smooth garlic and tomato sauced spaghetti. Tossed through for a spark of green are the salad leaves. It's going to be pasta night every night from now on!

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
spaghetti	1 packet	2 packets
chicken breast	1 packet	1 packet
plain flour*	1 tbs	2 tbs
Aussie spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4177kJ (998Cal)	857kJ (205Cal)
Protein (g)	54.7g	11.2g
Fat, total (g)	38.7g	7.9g
- saturated (g)	18.6g	3.8g
Carbohydrate (g)	103g	21.1g
- sugars (g)	12g	2.5g
Sodium (mg)	2112mg	433mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the pasta

Bring a large saucepan of salted water to the boil. Finely chop **garlic**. Roughly chop **tomato**. Cook **spaghetti** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain, then drizzle with **olive oil** to prevent sticking. Set aside.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Finish the sauce

Reduce heat to medium, then add **longlife cream** (see ingredients), **chicken-style stock powder** and reserved **pasta water** and simmer until slightly reduced, **1-2 minutes**. Add **spaghetti** and **salad leaves**, then toss to combine. Season with **salt** and **pepper**.



Prep the chicken

While the pasta is cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a shallow bowl, combine the **plain flour**, **Aussie spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Coat **chicken** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

Little cooks: Kids can help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers.



Cook the chicken

While the sauce is cooking, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. Cook crumbed **chicken** until golden and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.



Start the sauce

Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **tomato** until softened, **2-3 minutes**. Add **garlic**, **tomato paste** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.



Serve up

Slice crumbed chicken. Divide creamy tomato spaghetti between bowls. Top with chicken to serve.

Enjoy!