

HELLO Skillet Veggie Ziti and Chili-Spiced Ricotta

with Roasted Red Pepper and Spinach

Veggie

Spicy

35 Minutes







Sausage, uncased 250 g | 500 g

Chicken Breast Tenders * 310 g | 620 g



Tomatoes with Garlic and Onion



1 | 2



100 g | 200 g





Baby Spinach 113 g | 227 g

Garlic, cloves





Pepper 1 | 2

Cheese, shredded 34 cup | 1 1/2 cups





Italian Seasoning 1/2 tbsp | 1 tbsp





Penne 170 g | 340 g



Allengens 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 | Baking sheet, large oven-proof pan, large pot, measuring cups, measuring spoons, small bowl, strainer



Cook penne

- Before starting, preheat the broiler to high.
- 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.
- Add penne to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return penne to the same pot, off heat.



Prep and roast peppers

- Peel, then mince or grate garlic.
- Roughly chop spinach.
- Core, then cut pepper into ½-inch pieces.
- Add peppers and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with salt and **pepper**, then toss to combine. Broil in the middle of the oven, stirring halfway through, until tender-crisp, 8-10 min.



Add | Chicken Breast Tenders

- Meanwhile, add ricotta, ½ tsp (1 tsp) Italian Seasoning and ¼ tsp (½ tsp) chili flakes to a small bowl. Season with salt and pepper, then stir to combine.
- · Set aside.



4 | Start sauce

cook sauce in step 4.

Measurements

within steps

1 tbsp

3 | Season ricotta and cook chicken

🕂 Add | Chicken Breast Tenders

If you've opted to add chicken breast tenders, heat a large non-stick pan over medium-high heat. While pan heats, pat **chicken** dry with paper towels. Season with

salt and pepper. When hot, add 1/2 tbsp (1 tbsp) oil, then chicken breast tenders. Sear

until **tenders** are golden-brown and cooked

through, 3-4 min per side.** Transfer to a plate

and cover to keep warm. Use the same pan to

oil

Ingredient

🕀 Add | Mild Italian Sausage

If you've opted to add sausage, when the pan is hot, add ½ tbsp (1 tbsp) oil, then sausage. Cook, breaking up **sausage** and stirring often, until cooked through, 4-6 min.** Add garlic and follow the rest of the recipe as written.



Start sauce

🛨 Add | Mild Italian Sausage

- Heat a large oven-proof pan over medium-high heat. When hot, add 1 tbsp (2 tbsp) oil, then the garlic. Cook, stirring often, until fragrant, 30 sec.
- Add crushed tomatoes and 1 tsp (2 tsp) Italian Seasoning. Cook, stirring occasionally, until sauce is slightly reduced, 2-3 min.
- Add spinach and peppers, then stir until spinach is wilted, 1-2 min. Season with salt and pepper.



Assemble and bake

- Dollop chili-spiced ricotta over the pasta, than sprinkle over the mozzarella. (NOTE: If you don't have an oven-proof pan, use an 8x8-inch baking dish for 2 ppl, or a 9x13-inch baking dish for 4 ppl.)
- Broil in the middle of the oven, until cheese is melted, 3-5 min.



Finish and serve

- Divide **baked ziti** between plates.
- Sprinkle over more chili flakes, if desired.

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

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