

Creamy Chicken and Fresh Rigatoni

with Broiled Peppers

Fresh Pasta

Optional Spice

Quick

25 Minutes





Chicken Tenders









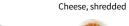
Sweet Bell Pepper

White Cheddar





Onion, chopped





Baby Spinach





Garlic Salt



Chili Flakes

All-Purpose Flour



Chives

HELLO RIGATONI

Start here

- Before starting, preheat the broiler to high.
- Add 10 cups warm water and 2 tsp salt (use same for 4 ppl) to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Fresh Rigatoni	227 g	454 g
Cream	237 ml	474 ml
Sweet Bell Pepper	160 g	320 g
Onion, chopped	56 g	113 g
White Cheddar Cheese, shredded	1 cup	2 cups
Baby Spinach	113 g	227 g
Chili Flakes 🥒	1 tsp	1 tsp
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Chives	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Prep and broil peppers

- Thinly slice **chives**.
- Roughly chop **spinach**.
- Core, then cut **pepper** into ½-inch pieces.
- Add peppers and 1 tbsp (2 tbsp) oil to a foil-lined baking sheet. Season with salt and pepper, then toss to combine.
- Broil in the **middle** of the oven until goldenbrown and tender, 5-8 min.



Prep

- Meanwhile, pat **chicken** dry with paper towels, then cut each tender in half crosswise.
- Season with garlic salt and pepper.



Cook chicken

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp butter, then chicken. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp butter per batch.) Cook, flipping occasionally, until cooked through, 5-6 min.**



Cook rigatoni

- Meanwhile, add rigatoni to the boiling water. Cook uncovered, stirring occasionally, until tender, 1-2 min.
- Reserve ½ cup (1 cup) pasta water.
- Drain and return rigatoni to the same pot, off heat.



Make cream sauce

- Add onions to the pan with chicken. Cook, stirring occasionally, until softened, 1-2 min.
- Sprinkle flour over onions and chicken. Cook, stirring often, until coated, 1 min.
- Add cream, then bring to a boil. Cook, stirring often, until sauce thickens, 1 min.



Finish and serve

- Add chicken and cream sauce, cheese, reserved pasta water, spinach, roasted peppers and 1 tbsp (2 tbsp) butter to the pot with rigatoni. Stir until cheese melts, 1 min.
- Divide rigatoni between bowls.
- Sprinkle chives and chili flakes over top, to taste.

Dinner Solved!