



Creamy Chicken and Fresh Rigatoni with Parsley

Family Day Special

Spicy

25 Minutes



Chicken Tenders*
340 g | 680 g



Fresh Rigatoni
227 g | 454 g



Cream
237 ml | 474 ml



Sweet Bell
Pepper
1 | 2



Onion, chopped
56 g | 113 g



White Cheddar
Cheese, shredded
1 cup | 2 cup



Baby Spinach
113 g | 227 g



Chili Flakes
1 tsp | 1 tsp



Zesty Garlic
Blend
1 tbsp | 2 tbsp



All-Purpose Flour
1 tbsp | 2 tbsp



Parsley
7 g | 14 g

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.

Pantry items | Unsalted butter, salt, pepper

Cooking utensils | Measuring spoons, strainer, measuring cups, large pot, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Prep veggies

- Before starting, add 10 cups warm water and 1 tbsp salt (use same for 4 ppl) to a large pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Roughly chop **parsley**.
- Roughly chop **spinach**.
- Core, then cut **pepper** into ¼-inch strips.

2



Prep chicken

- Pat **chicken** dry with paper towels, then cut **each tender** into 1-inch pieces.
- Season with **Zesty Garlic Blend**, **salt** and **pepper**.

3



Cook chicken

- Heat a large non-stick pan over medium-high 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.**

4



Cook rigatoni

- Meanwhile, add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 1-2 min.
- Reserve **¾ cup** (1 ½ cups) **pasta water**.
- Drain and return **rigatoni** to the same pot, off heat.

5



Make cream sauce

- Add **onions** and **peppers** to the pan with **chicken**. Cook, stirring occasionally, until softened, 3-4 min.
- Sprinkle **flour** over **veggies and chicken**. Cook, stirring often, until coated, 1 min.
- Add **cream** and **reserved pasta water**, then bring to a boil. Cook, stirring often, until **sauce** thickens, 2-3 min.

6



Finish and serve

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

* 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.



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