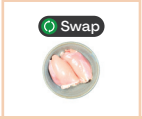




# Creamy Garlic Chicken Pasta

## with Baby Spinach

25 Minutes



Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Chicken Thighs <sup>+</sup>  
280 g | 560 g



Chicken Breasts <sup>+</sup>  
2 | 4



Penne  
170 g | 340 g



Cream  
56 ml | 113 ml



Garlic, cloves  
3 | 6



Chicken Stock Powder  
1 tbsp | 2 tbsp



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp



Parmesan Cheese, shredded  
¼ cup | ½ cup



Thyme  
7 g | 7 g



Baby Spinach  
56 g | 113 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, oil, salt, pepper

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



## 1 Prep

- Before starting, 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.
- Peel, then mince or grate **garlic**.
- Strip **thyme leaves** from stems, then finely chop.
- Roughly chop **spinach**.



## 2 Cook penne

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **penne** to the same pot, off heat.



## 3 Prep chicken

- Meanwhile, pat **chicken** dry with paper towels, then cut into 1-inch pieces.
- Season all over with **salt** and **pepper**.



## 4 Cook chicken

[Swap](#) | [Chicken Thighs](#)

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook, flipping occasionally, until golden-brown and cooked through, 8-10 min.\*\*
- Meanwhile, combine **cream**, **2/3 cup** (1 1/3 cups) **reserved pasta water** and **chicken stock powder** in a small bowl.



## 5 Make sauce

- Add **garlic**, **thyme**, **Cream Sauce Spice Blend** and **2 tbsp** (4 tbsp) **butter** to the same pan.
- Cook, stirring often, until fragrant, 1-2 min.
- Stir in **cream-stock mixture**. Bring to a boil over medium-high.
- Once boiling, reduce heat to medium-low.
- Cook, stirring occasionally, until **sauce** thickens, 1-2 min.



## 6 Finish and serve

- Add **chicken and sauce**, **spinach** and **half the Parmesan** to the pot with **penne**.
- Toss until **spinach** wilts and **penne** is coated. (**TIP**: For a lighter sauce consistency, add additional reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **pasta** between plates. Sprinkle **remaining Parmesan** over top.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 4 | Cook chicken thighs

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

\* 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.



Issue with your meal? Scan the QR code to share your feedback.