



# Curried Chicken Penne

with Crispy Shallots

Quick 25 Minutes



- Chicken Breasts
- Chicken Tenders
- Tikka Sauce
- Penne
- Baby Spinach
- Crispy Shallots
- Carrot

**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO TIKKA SAUCE  
*This South Asian-style sauce is the perfect curry base!*

## Start here

- Before starting, wash and dry all produce.
- 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.

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

## Bust out

Vegetable peeler, colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Chicken Tenders*	340 g	680 g
Tikka Sauce	½ cup	1 cup
Penne	170 g	340 g
Baby Spinach	28 g	56 g
Crispy Shallots	28 g	28 g
Carrot	170 g	340 g
Unsalted Butter*	2 ½ tbsp	5 tbsp
Milk*	¼ cup	½ cup
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.*

## Contact

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### Cook penne

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¾ cup** (1 ½ cups) **pasta water**, then drain and return **penne** to the same pot, off heat.



### Make sauce

- Add **carrots, penne, Tikka sauce, half the crispy shallots** and **½ cup** (1 cup) **reserved pasta water** to the pan with **chicken**. Stir to combine, then bring to a simmer.
- When simmering, reduce heat to medium. Cook, stirring occasionally, until **chicken** is cooked through and **sauce** slightly thickens, 2-4 min.\*\* (**TIP:** If sauce reduces too fast, add remaining pasta water 1 tbsp at a time until you reach desired consistency.)



### Cook carrots

- Meanwhile, heat a large pan over medium-high heat.
- Peel and quarter **carrot** lengthwise, then cut into ¼-inch quarter-moons.
- When hot, add **carrots, ⅓ cup** (⅔ cup) **water**, then **½ tbsp** (1 tbsp) **butter**. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until **water** evaporates and **carrots** are tender, 5-6 min. (**TIP:** If carrots are tender before water evaporates, remove lid to finish cooking.)
- Transfer **carrots** to a plate.



### Finish penne

- Add **spinach, 1 tbsp** (2 tbsp) **butter** and **¼ cup** (½ cup) **milk** to the pan. Season with **salt** and **pepper**, to taste. Stir until **butter** melts and **spinach** wilts, 1 min.
- Remove the pan from heat.



### Sauté chicken

- Meanwhile, roughly chop **spinach**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When **carrots** are done, add **1 tbsp** (2 tbsp) **butter**, then **chicken** to the pan. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using 1 tbsp butter per batch.) Cook, flipping halfway through, until **chicken** is golden-brown, 3-4 min.

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



### Finish and serve

- Divide **curried chicken penne** between bowls.
- Sprinkle **remaining crispy shallots** over top.

## Dinner Solved!