



Curried Chicken Penne

with Crispy Shallots

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](http://www.hellofresh.ca)

Swap



Chicken Thighs *

280 g | 560 g



Chicken Breasts *

2 | 4



Tikka Sauce

1/2 cup | 1 cup



Penne

170 g | 340 g



Baby Spinach

28 g | 56 g



Crispy Shallots

28 g | 28 g



Carrot

1 | 2



Curry Paste

2 tbsp | 4 tbsp

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, milk

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

1



Cook penne

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

2



Cook carrots

- Meanwhile, heat a large pan over medium-high heat.
- Peel and quarter **carrot** lengthwise, then cut into ¼-inch quarter-moons.
- When the pan is hot, add **carrots**, **¼ cup** (½ 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 to a plate.

3



Sauté chicken

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

- 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.

4



Make sauce

- Add **carrots**, **penne**, **curry paste**, **tikka sauce** 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.)

5



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.

6



Finish and serve

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

Measurements
within steps

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

3 | Sauté chicken

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

If you've opted to get **chicken thighs**, prepare and cook 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.