

Creamy Cajun Chicken Pasta

with Peppers

Chicken, cheese, cream and cajun spice, what could possibly be not to like?

Cals 1060 • Prot 78 • Carbs 115 • Fat 34

Quick Prep

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Salt	0.5	0.5	1	Tsp
Spring onion	40	60	80	Grams
Red pepper	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Fusilli pasta 10*	250	375	500	Grams
Cajun spice	4	6	8	Grams
Tomato paste	50	70	100	Grams
Garlic powder	2	4	4	Grams
Cooking cream 4*	200	200	400	ML
Water	100	250	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
To serve				
Grated Parmesan 4*, 5*	30	45	60	Grams
Lemon	1	1	2	Piece
Fresh chives	15	15	15	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

*10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	4416 / 1060
Fat (g)	34.2
of which saturates (g)	17.6
Carbohydrate (g)	115
of which sugars (g)	12.7
Fiber (g)	12.4
Protein (g)	78.1
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil a kettle of water and add the boiled water to a large pot over a high heat with a generous pinch of **salt**. Trim and finely slice the **spring onion**. Deseed and finely slice the **red pepper**. Chop the **chicken breast** into bite-sized strips.



2 Fry

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **spring onion** and **peppers** with a pinch of **salt** and fry for 4 min or until softened.



3 Boil pasta

Meanwhile, once the water is boiling, add the **fusilli pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Reserve a cup of **pasta water** (to use in step 6) and drain.



4 Add chicken

Meanwhile, add the **cajun spice (spicy!)**, **tomato paste**, **garlic powder** and **chicken strips** to the pan and fry for 2 min further.

Tip! Substitute the cajun spice for smoked paprika and a pinch of sugar for a milder version!



5 Simmer

After 2 min, add the **cooking cream**, **measured water**, [0.5/1/1] **chicken stock cube** and half of the **grated Parmesan** (reserve the rest for garnish) to the pan and simmer for 5-7 min further or until the **chicken** is cooked through.



6 Serve

Meanwhile, slice the **lemon** into wedges. Finely chop the **chives**. Once the **sauce** has thickened, add the cooked **pasta** to the **sauce** and toss. Season generously with **pepper** and a squeeze of **lemon** juice to taste. Divide the **Cajun chicken pasta** among bowls and garnish with the **chives** and remaining **grated Parmesan**. Serve the remaining **lemon wedges** alongside.

Tip! Add a splash of the reserved pasta water if the sauce looks too dry.