

Chicken Penne Arrabbiata

hellóchef

'Arrabbiata' means 'angry' in Italian, and refers to the spiciness of the sauce. We've made this one milder and kid-friendly!

Cals 833 • Prot 64 • Carbs 124 • Fat 11

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3120



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	300	500	600	Grams
Carrot	1	1	2	Piece
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Fresh basil	15	15	15	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	30	50	70	Grams
Dried oregano	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Tomato passata	200	400	400	Grams
Cherry tomatoes	150	250	300	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	100	250	200	ML
Honey	15	15	30	Grams
Penne 10*, 11*	250	375	500	Grams
To serve				
Grated Parmesan 4*, 5*	30	45	60	Grams

Allergens

*15 Celery, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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)	3484 / 833
Fat (g)	10.5
of which saturates (g)	0.5
Carbohydrate (g)	124
of which sugars (g)	20.6
Fiber (g)	14.2
Protein (g)	64.2
Salt (g)	1.6

*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

Peel and grate the **carrots**. Peel and finely slice the **onion**. Peel and roughly chop the **garlic cloves**. Pick the **basil** leaves and finely chop half of them. Reserve the remaining for garnish.



2 Start sauce

Heat a large saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **carrots, garlic, tomato paste, dried oregano** and **chilli flakes (spicy!)**. Fry for 1 min further. Add the **tomato passata, cherry tomatoes, chopped basil, vegetable stock cube, measured water** and **honey**. Bring to a boil and simmer, covered, for 10 min.

Tip! Sensitive to spice? Go easy on the chilli flakes.



3 Cook pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and set aside.



4 Fry chicken

Meanwhile, slice the **chicken** into bite-sized strips. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5-7 min on each side until golden and cooked through.



5 Blend sauce

Meanwhile, after 10 min, using a handheld blender, blitz the **sauce** until smooth.



6 Serve

Add the cooked **pasta** to the **Arrabbiata sauce**, stir through and divide among bowls. Top with the **chicken** strips and garnish with **grated Parmesan** and the remaining **basil**.