



Easy Peasy Harissa Chicken Spaghetti

with Spinach, Peas and Cheese

High Protein

Preparation time : 15 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/easy-peasy-harissa-chicken-spaghetti-593>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Large Saucepan, Kettle, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Diced British Chicken Breast (grams)	240	390	480
Spaghetti (grams)	180	270	360
Tomato Puree (grams)	30	45	60
Creme Fraiche (grams)	75	120	150
Harissa Paste (grams)	50	75	100
Red Wine Stock Paste (grams)	28	42	56
Peas (grams)	120	180	240
Baby Spinach (grams)	100	100	200
Grated Hard Italian Style Cheese (grams)	20	40	40
Sugar (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	125	185	250

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3392 kJ
Energy (kcal)	811 kcal
Fat	27 g
of which saturates	10.9 g
Carbohydrate	89.6 g
of which sugars	17.4 g
Dietary Fibre	8.7 g
Protein	52.3 g
Salt	2.97 g

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get Frying

- Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Flavour Town

- Once the **chicken** is cooked, stir in the **tomato puree**, **creme fraiche**, **harissa** (add less if you'd prefer things milder), **red wine stock paste**, **peas**, **sugar** and **water** (see pantry for both).
- Bring to the boil. Simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir through the **cheese**.



Boil Pasta

- Meanwhile, pour the **boiled water** into a saucepan with ½ **tsp salt** on high heat.
- Boil the **pasta**, 8 mins.



Dinner's Ready!

- Once the **pasta** is cooked, drain and add to the **sauce**. Toss to coat.
- Share the **pasta** between your bowls.

Enjoy your meal!