

DINNERLY



Express+ Chicken spaghetti

with spinach tomato sauce



binnen 20min



2 personen

WAT JE VAN ONS KRIJGT

- 200g spaghetti ¹
- 200g Italiaanse kipreepjes
- 250g cherrytomaten
- 1 blikje tomatenpuree
- 100g babyspinazie
- 1 blokje Italiaanse kaas ⁷

WAT JE THUIS NODIG HEBT

- peper en zout
- 5ml olijfolie

KOOKGEREI

- middelgrote kookpan
- middelgrote koekenpan
- keukenrasp
- zeef of vergiet

Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

KOOKTIP

If you want to speed things up, use a kettle to boil the water for the pasta.

ALLERGENEN

gluten (1), melk (7). Kan sporen van andere allergenen bevatten.

VOEDINGSWAARDE PER PORTIE

calorieën 0kcal



1. Cook pasta

Bring a medium sized pot of salted water to a boil. Add pasta to boiling water and cook for 10–12min until the pasta is almost al dente.



2. Fry meat & tomatoes

Fry the meat in a medium sized pan with 1 tsp olive oil on high heat for 2–3mins, then add the cherry tomatoes, season with 1 big pinch of salt and pepper and fry for another 1–2mins until the cherry tomatoes start to soften.



3. Simmer sauce

To the pan, add the tomato paste and 3 tbsp of cooking water from the pasta pot. Simmer the sauce for another 1-2min, until the tomatoes are soft and the meat is cooked through. Taste, and season with salt and pepper if necessary.



4. Cook spinach

Stir the spinach into the boiling pasta and cook for ca. 1 more minute, until the spinach is wilted and the pasta is al dente. Scoop out 1 cup of pasta water and drain everything into a sieve.



5. Finish & serve

Toss the pasta and the spinach with the tomato-sauce, gradually add more pasta water until the sauce is glossy and has the desired consistency. Serve the pasta in deep dishes and coarsely grate the cheese directly onto the plates before serving.



6. Side Salad

If you want to serve this pasta dish with a side salad, we recommend rucola with a dressing of olive oil and lemon juice. The peppery rucola and the fresh lemon juice create a lovely contrast to the warm, earthy flavours of the tomato sauce.