



Chicken & Bacon Red Pesto Fusilli

with Herb Pangrattato & Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Parsley



Pear



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Fusilli



Diced Bacon



Light Cooking Cream



Red Pesto



Baby Spinach Leaves



Chicken Breast

Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Tonight, cosy up to this creamy, comforting fusilli bowl loaded with succulent chicken, garlic, crunchy pangrattato and our more-ish red pesto made of sun-dried tomato. We've added a crisp salad to tie it all together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bag	1 bag
pear	1	2
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
fusilli	1 medium packet	2 medium packets
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 medium packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
vinegar* (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4159kJ (994Cal)	833kJ (199Cal)
Protein (g)	58g	11.6g
Fat, total (g)	42g	8.4g
- saturated (g)	13.7g	2.7g
Carbohydrate (g)	88.5g	17.7g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1042mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4895kJ (1170Cal)	737kJ (176Cal)
Protein (g)	92.9g	14g
Fat, total (g)	45.8g	6.9g
- saturated (g)	14.9g	2.2g
Carbohydrate (g)	88.5g	13.3g
- sugars (g)	14.1g	2.1g
Sodium (mg)	1122mg	169mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Bring a large saucepan of salted water to the boil. Finely chop **parsley**. Thinly slice **pear**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken** and toss to coat. Set aside.

Little cooks: Take charge by tossing the chicken in the seasoning!

Custom Recipe: If you've doubled your chicken breast, prep it as above.



Cook the chicken

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**. Cook **chicken** and **diced bacon**, tossing occasionally, until **chicken** is browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.
- Return frying pan to medium heat. Cook **light cooking cream** and **red pesto** until slightly thickened, **1-2 minutes**.
- Return **chicken** (and resting juices) and **bacon** to pan and stir through **fusilli**. Season to taste.

TIP: Add a splash of pasta water if the sauce mixture looks too thick.

Custom Recipe: For best results, cook chicken in batches.



Cook the pangrattato

- In a large frying pan, heat a good drizzle of **olive oil** over medium-high heat.
- Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **4-5 minutes**. Transfer to a bowl.
- To the bowl add **parsley** and season to taste.



Make the salad

- Meanwhile, in a second medium bowl, combine a drizzle of the **vinegar**, **olive oil** and pinch of **salt** and **pepper**. Add **pear** and **baby spinach leaves** and toss to combine.

Little cooks: Take the lead by tossing the salad!



Cook the pasta

- While the pangrattato is cooking, add **fusilli** to the boiling water and cook until 'al dente', **11 minutes**.
- Reserve ¼ cup **pasta water**. Drain **pasta** and return to the saucepan.



Serve up

- Divide the chicken and bacon creamy red pesto fusilli between bowls and top with the herb pangrattato.
- Serve with the salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate