



Nan's Pesto Chicken & Wholemeal Fusilli

with Fetta & Baby Spinach

MEDITERRANEAN

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Wholemeal Fusilli



Chicken Tenderloins



Nan's Special Seasoning



Soffritto Mix



Passata



Red Pesto



Baby Spinach Leaves



Fetta Cubes



Diced Bacon

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

**Custom Recipe is not Dietitian Approved*

Eat Me Early

The twirliest pasta of them all, wholemeal fusilli, gets that much better with the addition of a creamy pesto sauce to soak all up. Fetta cubes take things up a notch and tips its head to some great flavours of the Mediterranean.

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

Pantry items

Olive Oil

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
wholemeal fusilli	1 packet	2 packets
chicken tenderloins	1 small packet	2 small packets OR 1 large packets
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
soffritto mix	1 medium bag	1 large bag
passata	1 box	2 boxes
red pesto	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
fetta cubes	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	599kJ (143Cal)
Protein (g)	56.4g	11.2g
Fat, total (g)	20.3g	4g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	69.9g	13.9g
- sugars (g)	13g	2.6g
Sodium (mg)	968mg	192mg
Dietary Fibre (g)	13.2g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	621kJ (148Cal)
Protein (g)	63.3g	11.6g
Fat, total (g)	27.1g	4.9g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	70.7g	12.9g
- sugars (g)	13.5g	2.5g
Sodium (mg)	1398mg	255mg

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.

1



Cook the fusilli

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **wholemeal fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain and return to saucepan.

4



Start the pasta

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix** and a pinch of **salt**, stirring occasionally, until softened, **4-5 minutes**.

Custom Recipe: If you've added diced bacon, cook bacon with the soffritto mix, breaking up with a spoon, until golden, 5-6 minutes.

2



Get prepped

- Cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl, combine **chicken**, **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt**.

5



Finish the pasta

- Reduce heat to medium, stir in the reserved **pasta water** and **passata**, and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat, then add drained **pasta**, **red pesto**, cooked **chicken** and **baby spinach leaves**, tossing to combine.
- Season to taste.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a bowl, season and set aside.

TIP: Chicken is cooked through when it is no longer pink inside.

6



Serve up

- Divide Nan's pesto chicken and wholemeal fusilli between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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