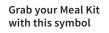


# Nan's Pesto Chicken & Wholemeal Fusilli

with Fetta & Baby Spinach

MEDITERRANEAN

DIETITIAN APPROVED\*









Wholemeal Fusilli

Chicken Tenderloins





Nan's Special Seasoning

Soffritto Mix









**Baby Spinach** Leaves

Fetta Cubes





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

Eat Me Early

\*Custom Recipe is not Dietitian Approved

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.



# 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

3				
	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)		

<sup>\*</sup>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
Dictary : ibic (g)	20.26	2.08

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3402kJ</b> (813Cal)	<b>621kJ</b> (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.



### 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.



# 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.



# 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.



# 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.



# 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.



# Serve up

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



