



# One-Pot Creamy Chicken & Veggie Fusilli with Parsley

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Chicken Breast



Soffritto Mix



Aussie Spice Blend



Fusilli



Chicken-Style Stock Powder



Baby Spinach Leaves



Thickened Cream



Parsley



Chilli Flakes (Optional)



Diced Bacon

Prep in: 20-30 mins  
Ready in: 35-45 mins

Eat Me Early

In this weeknight winner, the tender chicken, veggies and al dente pasta, happily soak up the creamy sauce, which gets an extra boost of flavour from our signature Aussie spice blend. Serve with a sprinkle of parsley and chilli and you're done!

**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 with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium bag	1 large bag
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
fusilli	1 medium packet	2 medium packets OR 1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	2 cups	4 cups
baby spinach leaves	1 medium bag	1 large bag
thickened cream	1 packet	2 packets
parsley	1 bag	1 bag
chilli flakes / (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2866kJ (685Cal)	658kJ (157Cal)
Protein (g)	48.1g	11g
Fat, total (g)	20.1g	4.6g
- saturated (g)	9.9g	2.3g
Carbohydrate (g)	73.1g	16.8g
- sugars (g)	9.8g	2.3g
Sodium (mg)	1082mg	249mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3253kJ (777Cal)	677kJ (162Cal)
Protein (g)	55g	11.4g
Fat, total (g)	26.9g	5.6g
- saturated (g)	12.4g	2.6g
Carbohydrate (g)	73.9g	15.4g
- sugars (g)	10.3g	2.1g
Sodium (mg)	1512mg	315mg

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](https://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



1



## Get prepped

- Boil the kettle.
- Cut **chicken breast** into 2cm chunks.

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## Finish the pasta

- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **fusilli**, **chicken-style stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people). Return **chicken** to pan, stirring to combine.
- Bring to the boil then reduce heat to medium-low. Cover with a lid and simmer, stirring occasionally, until fusilli is 'al dente', **12-14 minutes**.
- Remove lid from pan, stir in **baby spinach leaves** and **thickened cream** and simmer until slightly thickened, **1-2 minutes**. Season generously with **salt** and **pepper**.

2



## Start the pasta

- In a large saucepan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** with a pinch of **salt** and **pepper**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a plate.
- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Add **soffritto mix** and cook, stirring, until tender, **4-5 minutes**.

**Custom Recipe:** If you've added diced bacon, cook diced bacon with chicken, breaking up with a spoon, until golden, 6-7 minutes. Continue as above.

4



## Serve up

- Divide one-pot creamy chicken and veggie fusilli between bowls.
- Tear over **parsley** and garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)