



Quick Creamy Chicken Fusilli

with Baby Spinach & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Chicken Tenderloins



Fusilli



Garlic & Herb Seasoning



Aussie Spice Blend



Thickened Cream



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me Early

Once you realise how quickly you can make a creamy pasta sauce from scratch, you'll never use the jarred stuff again. In this weeknight winner, the herby chicken tenders, tender spinach and al dente pasta happily soak up the garlic and herb-laced sauce, which gets an extra boost of flavour from our signature Aussie spice blend. Serve with a sprinkle of sharp Parmesan 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
fusilli	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
thickened cream	2 medium packets	4 medium packets
baby spinach leaves	1 large bag	2 large bags
Parmesan cheese	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)	3821kJ (913Cal)	723kJ (173Cal)
Protein (g)	58.2g	11g
Fat, total (g)	39.9g	7.5g
- saturated (g)	20.5g	3.9g
Carbohydrate (g)	77.7g	14.7g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1136mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4209kJ (1006Cal)	734kJ (175Cal)
Protein (g)	65.2g	11.4g
Fat, total (g)	46.6g	8.1g
- saturated (g)	23g	4g
Carbohydrate (g)	78.5g	13.7g
- sugars (g)	12.3g	2.1g
Sodium (mg)	1566mg	273mg

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



1



Get prepped

- Bring a large saucepan of salted water to the boil.
- Cut **chicken tenderloins** into 2cm chunks.

3



Cook the chicken & make it saucy

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **garlic & herb seasoning** and **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **thickened cream**, **baby spinach leaves** and cooked **fusilli** to the pan. Cook, stirring, until cream is warmed through and spinach is just wilted, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Remove pan from heat.

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

TIP: Add some reserved pasta water to the pan if the sauce looks too thick!

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

2



Cook the pasta

- Cook **fusilli** in the boiling water until 'al dente', **11 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain **fusilli** and return **pasta** to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



Serve up

- Divide creamy chicken fusilli between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

Rate your recipe

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