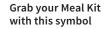


Quick Creamy Chicken Fusilli with Baby Spinach & Parmesan

KID FRIENDLY









Chicken Tenderloins



Garlic & Herb Seasoning

Blend

Thickened Cream

Baby Spinach





Parmesan Cheese



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

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

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

 $Large\ saucepan \cdot Large\ frying\ pan$

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.



Get prepped

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



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.



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.



Serve up

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



Scan here if you have any questions or concerns