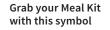


# Quick Creamy Chicken Fusilli with Baby Spinach & Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Tenderloins





Fusilli

Garlic & Herb Seasoning



**Aussie Spice** 



**Light Cooking** 

Blend



**Baby Spinach** 



Parmesan Cheese

Leaves

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.



Ready in: 25-35 mins Eat Me Early

Prep in: 10-20 mins

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

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

## Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
leek	1	2		
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		
light cooking cream	1 large packet	2 large 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)		

<sup>\*</sup>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)	12g	2.3g
Sodium (mg)	1136mg	215mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4209kJ (1006Cal)	<b>734kJ</b> (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)	12.5g	2.2g
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





# Get prepped

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



# Cook the chicken & creamy sauce

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of
  olive oil. When oil is hot, cook chicken and leek, tossing occasionally, until
  browned and cooked through (when no longer pink inside), 5-6 minutes.
- Add garlic & herb seasoning and Aussie spice blend and cook until fragrant, 1 minute.
- Add light cooking 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:** 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 bacon up 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 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate