



Quick Creamy Chicken Fusilli

with Baby Spinach & Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Tenderloins



Leek



Fusilli



Garlic & Herb Seasoning



Aussie Spice Blend



Light Cooking 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.

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 |
| 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) |

*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) | 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) | 12.5g | 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



1



Get prepped

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

3



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.

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 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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