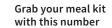


Creamy Chicken & Leek Fusilli with Baby Spinach & Parmesan

KID FRIENDLY







Chicken Tenderloins





Fusilli











Baby Spinach Leaves



Parmesan Cheese





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



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, 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.



Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium packet | 2 medium 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 packet | 2 large packets |
| Parmesan cheese | 1 medium packet | 1 large packet |

^{*}Pantry Items
Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3822kJ (913Cal) | 723kJ (173Cal) |
| Protein (g) | 58.3g | 11g |
| Fat, total (g) | 39.9g | 7.5g |
| - saturated (g) | 20.6g | 3.9g |
| Carbohydrate (g) | 77.8g | 14.7g |
| - sugars (g) | 12g | 2.3g |
| Sodium (mg) | 1135mg | 215mg |
| Dietary Fibre (g) | 7.7g | 1.5g |

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.
- · 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, 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 (when no longer pink inside) and spinach is just wilted, 1-2 minutes.
- Season with **salt** and **pepper** to taste. Remove pan from heat.

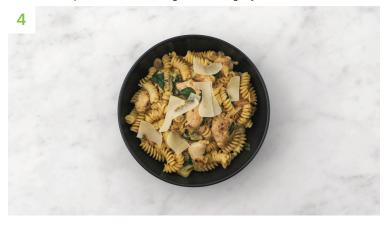
TIP: Add some reserved pasta water to the pan if the sauce looks too thick!



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 and leek fusilli between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!



