



Herby Chicken & Roasted Veggie Fusilli with Garlic Sauce

MEDITERRANEAN

NEW

Grab your meal kit
with this number

40



Carrot



Zucchini



Tomato



Garlic



Chicken Tenderloins



Fusilli



Passata



Garlic Sauce



Aussie Spice
Blend



Parsley



Chicken
Tenderloins



Parmesan
Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Eat Me Early

Spiked with our go-to Aussie spice blend, this easy recipe sees tender veg roasted to perfection in the oven whilst juicy chicken mingles with a creamy garlic sauce on the stove. All there's left to do is to add in your 'al dente' fusilli and you have a new dinner time favourite!

Pantry items

Olive Oil, Brown Sugar

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
tomato	1	2
garlic	2 cloves	4 cloves
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
fusilli	1 medium packet	2 medium packets
garlic sauce	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
Aussie spice blend	1 medium sachet	1 large sachet
passata	1 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2797kJ (668cal)	500kJ (89cal)
Protein (g)	52.4g	9.4g
Fat, total (g)	12.1g	2.2g
- saturated (g)	1.5g	0.3g
Carbohydrate (g)	83.3g	14.9g
- sugars (g)	16.4g	2.9g
Sodium (mg)	844mg	151mg
Dietary Fibre (g)	9.3g	1.7g

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.

1



Roast the veggies

- Preheat **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into half-moons. Roughly chop **tomato**.
- Place **veggies** on lined oven tray. Drizzle with **olive oil**, season generously with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Meanwhile, half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.

TIP: If your oven tray is crowded, divide the veggies between two trays!

3



Bring it all together

- To the pan, add **fusilli**, **passata** and **roasted veggies**, tossing to combine.
- Season to taste.

2



Cook the fusilli & chicken

- Meanwhile, finely chop **garlic**. Cut **chicken tenderloins** into 2cm chunks.
- 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). Drain and return to the pan.
- While the pasta is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Transfer to a small bowl. Add **garlic sauce** and the **brown sugar** to garlic oil mixture. Stir to combine. Set aside.
- Return pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **Aussie spice blend**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.

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

4



Finish & serve

- Divide herby chicken and roasted veggie fusilli between bowls.
- Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



ADD PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

