

Lemon Pepper Chicken Fusilli with Creamy Garlic Tomato Sauce & Baby Spinach

MEDITERRANEAN **DIETITIAN APPROVED***







Fusilli

Chicken Tenderloins





Lemon Pepper Seasoning







Tomato Paste

Garlic Sauce



Baby Spinach Leaves

Fetta



Slivered Almonds

Prep in: 20-30 mins

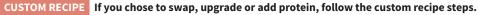
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*Custom Recipe Ready in: 30-40 mins is not Dietitian Approved.

The twirliest pasta of them all, fusilli, gets that much better with the addition of a creamy garlic-tomato sauce to soak all up. Fetta cubes take things up a notch and tips its head to some great flavours of the Mediterranean.

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

 $\mathsf{Large}\ \mathsf{saucepan} \cdot \mathsf{Large}\ \mathsf{frying}\ \mathsf{pan}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	1 large packet
chicken tenderloins	1 small packet	1 large packets
lemon pepper seasoning	1 medium sachet	2 medium sachets
soffritto mix	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
garlic sauce	1 medium packet	2 medium packets
baby spinach leaves	1 medium bag	1 large bag
fetta	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet
shaved Parmesan cheese**	1 packet (26g)	1 packet (52g)

* Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3119kJ (745Cal)	706kJ (169Cal)
Protein (g)	58.8g	13.3g
Fat, total (g)	23.5g	5.3g
- saturated (g)	4.4g	1g
Carbohydrate (g)	68.5g	15.5g
- sugars (g)	11.6g	2.6g
Sodium (mg)	840mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3327kJ (795Cal)	732kJ (175Cal)
Protein (g)	62.9g	13.8g
Fat, total (g)	27.1g	6g
- saturated (g)	7g	1.5g
Carbohydrate (g)	68.7g	15.1g
- sugars (g)	11.6g	2.6g
Sodium (mg)	972mg	214mg

The quantities provided above are averages only.

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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.

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Cook the fusilli

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- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook fusilli in the boiling water until 'al dente', 12 minutes.
- Reserve some pasta water (1/2 cup for 2 people / 1 cup for 4 people). Drain and return to saucepan.



Get prepped

- Meanwhile, cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl, combine chicken, lemon pepper seasoning, a drizzle of olive oil and a pinch of salt.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Transfer to a bowl, season and set aside.

TIP: Chicken is cooked through when it is no longer pink inside.



Start the pasta

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook soffritto mix and a pinch of salt, stirring occasionally, until softened, 4-5 minutes.
- Add tomato paste and cook until fragrant, 1 minute. Reduce heat to medium.



Finish the pasta

- To frying pan, stir in the reserved **pasta water**, and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat, then add drained pasta, garlic sauce, cooked chicken and baby spinach leaves, tossing to combine. Season to taste.



Serve up

- Divide lemon pepper chicken fusilli between bowls.
- Top with crumbled **fetta**. Sprinkle over **slivered almonds** to serve. Enjoy!

Custom Recipe: If you've added shaved Parmesan, sprinkle over shaved Parmesan to serve.

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