

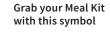
Lemon Pepper Chicken & Wholemeal Fusilli

with Creamy Garlic Tomato Sauce & Baby Spinach

NEW

DIETITIAN APPROVED

MEDITERRANEAN







Wholemeal Fusilli Pasta



Chicken Tenderloins



Lemon Pepper Seasoning



Soffritto Mix



Tomato Paste



Garlic Sauce



Baby Spinach



Slivered Almonds



Fetta Cubes





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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
wholemeal fusilli pasta	1 packet	2 packets		
chicken tenderloins	1 small packet	1 large packet		
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 cubes	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.

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.



Cook the fusilli

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Cook wholemeal 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

- 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 sauce

- 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 sauce

- 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 and wholemeal fusilli between bowls.
- Crumble over fetta cubes. Sprinkle over slivered almonds to serve. Enjoy!

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

