



Lemon Pepper Chicken & Wholemeal Fusilli

with Creamy Garlic Tomato Sauce & Baby Spinach

NEW

DIETITIAN APPROVED

MEDITERRANEAN

Grab your Meal Kit with this symbol



Wholemeal Fusilli Pasta



Chicken Tenderloins



Lemon Pepper Seasoning



Soffritto Mix



Tomato Paste



Garlic Sauce



Baby Spinach Leaves



Fetta Cubes



Slivered Almonds



Shaved Parmesan Cheese

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

Eat Me Early

The twirliest pasta of them all, wholemeal 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.

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
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.

1



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.

4



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.

2



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**.

5



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.

3



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.

6



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.

We're here to help!

Scan here if you have any questions or concerns



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