



# Lemon Pepper Chicken Fusilli

with Creamy Garlic Tomato Sauce & Baby Spinach

MEDITERRANEAN

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Fusilli



Chicken Tenderloins



Lemon Pepper Seasoning



Soffritto Mix



Tomato Paste



Garlic Sauce



Baby Spinach Leaves



Fetta



Slivered Almonds



Shaved Parmesan Cheese

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

*\*Custom Recipe is not Dietitian Approved.*

Eat Me Early

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.

**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
<b>olive oil*</b>	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](https://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 **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.

2



## 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**.

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.

4



## 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.

5



## 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.

6



## 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.

## We're here to help!

Scan here if you have any questions or concerns



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