



Quick Zesty Chicken & Wholemeal Fusilli

with Blistered Cherry Tomato Sauce & Fetta

MEDITERRANEAN

DIETITIAN APPROVED*



Grab your Meal Kit with this symbol



Wholemeal Fusilli Pasta



Chicken Mince



Lemon Pepper Seasoning



Tomato Paste



Snacking Tomatoes



Baby Spinach Leaves



Chilli Flakes (Optional)



Sweet & Savoury Glaze



Garlic Sauce



Fetta Cubes



Beef Mince

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

Calorie Smart*

Eat Me Early

*Custom Recipe is not Calorie Smart or Dietitian Approved

This dinner has gold stars all over it with two greats being combined in this dish; we're talking about chicken mince and the twirliest pasta of all, wholemeal fusilli. Another gold star goes to the sauce that's been tossed through, a blistered cherry tomato sauce with some fetta to top it off.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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 mince	1 medium packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
tomato paste	1 packet	1 packet
snacking tomatoes	1 punnet	2 punnets
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
sweet & savoury glaze	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
fetta cubes	1 small packet	1 medium packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	623kJ (149Cal)
Protein (g)	46.9g	10.9g
Fat, total (g)	15g	3.5g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	73g	16.9g
- sugars (g)	14.1g	3.3g
Sodium (mg)	989mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	715kJ (171Cal)
Protein (g)	46.6g	10.8g
Fat, total (g)	25.8g	6g
- saturated (g)	8.6g	2g
Carbohydrate (g)	73g	16.9g
- sugars (g)	14.1g	3.3g
Sodium (mg)	1013mg	235mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the pasta

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **wholemeal fusilli pasta** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people). Drain and return **pasta** to saucepan.

3



Cook the cherry tomatoes

- Wipe out the pan and return to high heat with a drizzle of **olive oil**.
- Cook **snacking tomatoes**, stirring occasionally, until blistered, **4-5 minutes**.
- Add drained **pasta**, **baby spinach leaves**, **chilli flakes** (if using), **sweet & savoury glaze**, **garlic sauce**, **reserved pasta water** and cooked **chicken**, stirring, until leaves are wilted, **1-2 minutes**.
- Season to taste.

2



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Stir in **lemon pepper seasoning** and **tomato paste** until fragrant, **1 minute**.
- Season. Transfer to a bowl.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the chicken mince. For best results, drain oil from pan before adding the seasoning

4



Serve up

- Divide zesty chicken and roasted cherry tomato fusilli between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!

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