



Creamy Chicken & Veggie Fusilli

with Red Pesto & Parsley

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol



Celery



Garlic



Carrot



Chicken Breast



Fusilli



Aussie Spice Blend



Chicken-Style Stock Powder



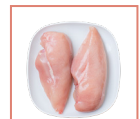
Cream



Red Pesto



Parsley



Chicken Breast

Recipe Update

Unfortunately, this week's orecchiette was in short supply, so we've replaced it with fusilli. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

We're painting the pasta red, so make sure to stir that deliciously vibrant red pesto through the fusilli. To help it along is a creamy sauce with chicken and veggies to soak up the pesto and paint the perfect dinner time picture.

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
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
carrot	1	2
chicken breast	1 packet	1 packet
fusilli	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
red pesto	1 packet (50g)	1 packet (100g)
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3621kJ (865Cal)	786kJ (187Cal)
Protein (g)	48.2g	10.5g
Fat, total (g)	39.4g	8.6g
- saturated (g)	18.2g	4g
Carbohydrate (g)	78.3g	17g
- sugars (g)	10.8g	2.3g
Sodium (mg)	1273mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4366kJ (1043Cal)	704kJ (168Cal)
Protein (g)	81.3g	13.1g
Fat, total (g)	44.6g	7.2g
- saturated (g)	19.8g	3.2g
Carbohydrate (g)	79.1g	12.7g
- sugars (g)	10.9g	1.8g
Sodium (mg)	1372mg	221mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW34



1



Cook the fusilli

- Boil the kettle. Finely chop **celery** and **garlic**. Grate the **carrot**. Cut **chicken breast** into 2cm chunks.
- Half-fill a large saucepan with boiling water, then add a pinch of **salt**.
- Cook **fusilli** in the boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to the saucepan.

3



Make the sauce

- Add **garlic** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder**, **cream (see ingredients)** and some reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then cook, stirring, until slightly reduced, **1-2 minutes**.
- Remove from heat, add **fusilli** and **red pesto**, then stir to combine. Season to taste.

2



Cook the chicken & veggies

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **chicken** and **celery**, tossing, until browned, **4-5 minutes**. Season with **salt** and **pepper**.
- Reduce heat to medium, then add **carrot** and cook, stirring, until softened, **3-4 minutes**.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results. Return all chicken to the pan at the end of step.

4



Serve up

- Divide creamy chicken and veggie fusilli between plates.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate