

One-Pot Creamy Chicken & Veggie Fusilli

with Parsley

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol











Diced Chicken









Parsley







Chilli Flakes



(Optional)



Pantry items Olive Oil

Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early

Something magical happens when you combine this decadent creamy sauce with chicken and veggies. Watch the sparks fly as this pasta dish is transformed before your very eyes into the most delicious bowl in all the land!

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 with a lid

Ingredients

	in ign danor ido				
2 People	4 People				
refer to method	refer to method				
1 stalk	2 stalks				
1	2				
1 packet	1 packet				
1 sachet	1 sachet				
½ large packet	1 large packet				
1 medium sachet	1 large sachet				
2 cups	4 cups				
½ packet (125ml)	1 packet (250ml)				
1 small bag	1 medium bag				
pinch	pinch				
1 bag	1 bag				
1 medium packet	1 large packet				
	refer to method 1 stalk 1 1 packet 1 sachet ½ large packet 1 medium sachet 2 cups ½ packet (125ml) 1 small bag pinch 1 bag				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
	•	•
Energy (kJ)	3298kJ (788Cal)	745kJ (178Cal)
Protein (g)	47.1g	10.6g
Fat, total (g)	32.1g	7.2g
- saturated (g)	16.9g	3.8g
Carbohydrate (g)	74.7g	16.9g
- sugars (g)	8.8g	2g
Sodium (mg)	1166mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3502kJ (837Cal)	768kJ (184Cal)
Protein (g)	51.4g	11.3g
Fat, total (g)	35.6g	7.8g
- saturated (g)	19.1g	4.2g
Carbohydrate (g)	74.7g	16.4g
- sugars (g)	8.8g	1.9g
Sodium (mg)	1258mg	276mg

The quantities provided above are averages only.

Allergens

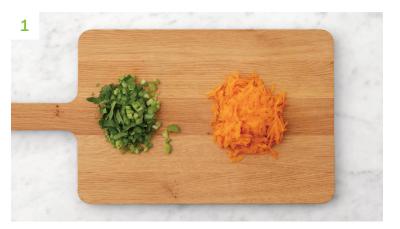
Always read product labels for the most up-to-date allergen information.

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





Get prepped

- · Boil the kettle.
- Finely chop **celery**. Grate the **carrot**.

Little cooks: Older kids under adult supervision can help grate the carrot.



Add the pasta

- Add Aussie spice blend to the pan and cook until fragrant, 1 minute.
- Add fusilli (see ingredients), chicken-style stock powder, the boiling water (2 cups for 2 people / 4 cups for 4 people) and return chicken to the pan, stirring to combine.
- Bring to the boil then reduce heat to medium-low. Cover with a lid and simmer, stirring occasionally, until fusilli is 'al dente', 12-14 minutes.
- Remove lid from pan, then stir in cream (see ingredients) and baby spinach leaves and simmer, until slightly thickened and spinach is wilted, 1-2 minutes. Season generously with salt and pepper.



Cook the chicken & veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook diced chicken with a pinch of salt and pepper, tossing
 occasionally, until browned and cooked through, 5-6 minutes. Transfer to a
 plate.
- Return saucepan to medium-high heat with a drizzle of olive oil.
 Cook celery and carrot until tender, 4-5 minutes.



Serve up

- Divide one-pot creamy chicken and veggie fusilli between bowls.
- Garnish with a pinch of chilli flakes (if using). Tear over parsley to serve.
 Enjoy!

Little cooks: Add the finishing touch and tear over the parsley.

Custom Recipe: If you've added grated Parmesan cheese to your meal, sprinkle it over the pasta to serve!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate