



One-Pot Creamy Chicken & Veggie Fusilli with Parsley

NEW

KID FRIENDLY

Grab your Meal Kit
with this symbol



Celery



Carrot



Diced Chicken



Aussie Spice Blend



Fusilli



Chicken-Style Stock Powder



Cream



Baby Spinach Leaves



Chilli Flakes (Optional)



Parsley



Grated Parmesan Cheese

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!

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	1	2
diced chicken	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
fusilli	½ large packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
cream	½ packet (125ml)	1 packet (250ml)
baby spinach leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch
parsley	1 bag	1 bag
grated Parmesan cheese**	1 medium packet	1 large packet

*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



1



Get prepped

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

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

3



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**.

2



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**.

4



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

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