



Easy Dijon Chicken Orecchiette

with Veggies & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Sweetcorn



Orecchiette



Pulled Chicken



Garlic & Herb Seasoning



Cream



Dijon Mustard



Baby Spinach Leaves



Parsley

Prep in: 15-25 mins
Ready in: 15-25 mins

Are you thinking the same thing we are? Is it that dijon mustard would go so well as a sauce for juicy chicken? Well then, let's not wait around, dive in and cook up a creamy pasta to test out our new theory because we know it's going to be a success.

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
leek	1	2
sweetcorn	1 tin	1 tin
orecchiette	1 medium packet	2 medium packets
pulled chicken	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
dijon mustard	1 packet	2 packets
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3345kJ (799Cal)	804kJ (192Cal)
Protein (g)	38g	9.1g
Fat, total (g)	34.2g	8.2g
- saturated (g)	17.2g	4.1g
Carbohydrate (g)	80.3g	19.3g
- sugars (g)	11.7g	2.8g
Sodium (mg)	1263mg	304mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Boil the kettle.
- Meanwhile, thinly slice **leek**. Drain the **sweetcorn**.

3



Cook the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **leek** and **corn**, tossing, until softened, **4-5 minutes**.
- Add **pulled chicken** and **garlic & herb seasoning**, breaking up with a spoon, until browned, **2-3 minutes**.
- Reduce heat to medium, stir in **cream (see ingredients)**, **dijon mustard**, the **salt**, reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people) and cook until slightly thickened, **1-2 minutes**.
- Stir through cooked **orecchiette** and **baby spinach leaves** until combined. Season to taste.

TIP: Add a splash of water if the pasta looks dry.

2



Cook the orecchiette

- Half-fill a large saucepan with boiling water, add a generous pinch of **salt**, then bring to the boil.
- Cook **orecchiette** in boiling water, over high heat, until 'al dente', **8 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **orecchiette**, then return to the saucepan.

4



Serve up

- Divide creamy dijon chicken orecchiette between bowls.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Help tear over the parsley.

We're here to help!

Scan here if you have any questions or concerns

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