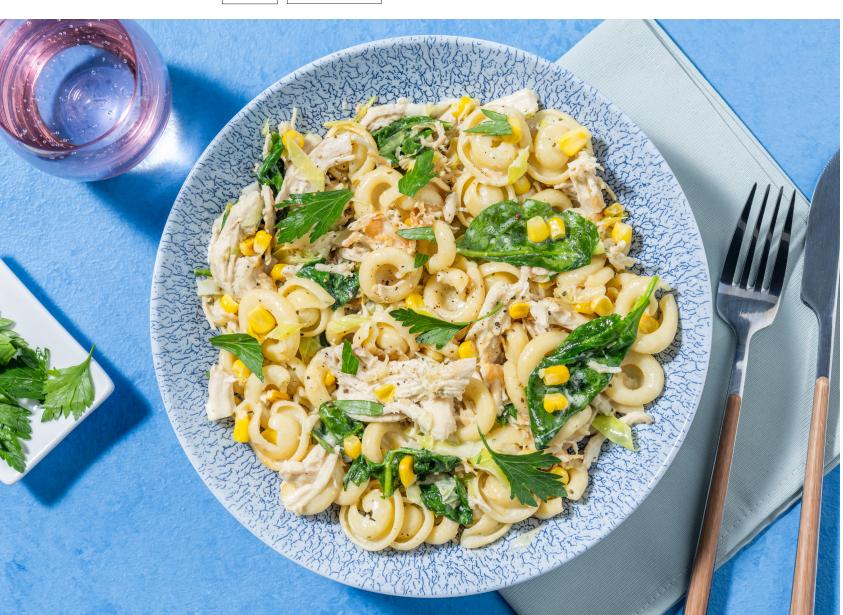


Easy Dijon Chicken Orecchiette with Veggies & Parsley

NEW

KID FRIENDLY



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Orecchiette



Pulled Chicken



Garlic & Herb Seasoning





Dijon Mustard

Baby Spinach Leaves



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*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

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



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 (1/2 cup for 2 people / 1 cup for 4 people). Drain **orecchiette**, then return to the saucepan.



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 (1/4 cup for 2 people / 1/2 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.



Serve up

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

Little cooks: Help tear over the parsley.



