



One-Pot Pulled Chicken & Veggie Fusilli

with Basil Pesto & Herbs

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Soffritto Mix



Garlic & Herb Seasoning



Tinned Tomatoes



Fusilli



Chicken-Style Stock Powder



Pulled Chicken



Salad Leaves



Basil Pesto



Herbs



Grated Parmesan Cheese

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 5-15 mins
Ready in: 25-35 mins

This dinner has gold stars all over it with two absolute favourites coming together in a bowl, that's right we're talking about pulled chicken and the twirliest pasta of all, fusilli. Another star goes to the veggies and basil pesto sauce to craft this into a golden pasta dinner.

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
tinned tomatoes	1 packet	2 packets
fusilli	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
pulled chicken	1 packet	1 packet
butter*	20g	40g
salad leaves	1 small bag	1 medium bag
basil pesto	1 packet (50g)	1 packet (100g)
herbs	½ 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)	3275kJ (783Cal)	919kJ (220Cal)
Protein (g)	37.2g	10.4g
Fat, total (g)	33.3g	9.3g
- saturated (g)	9.4g	2.6g
Carbohydrate (g)	79.7g	22.4g
- sugars (g)	11.5g	3.2g
Sodium (mg)	1443mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	942kJ (225Cal)
Protein (g)	41.5g	11.2g
Fat, total (g)	36.7g	9.9g
- saturated (g)	11.7g	3.2g
Carbohydrate (g)	79.7g	21.6g
- sugars (g)	11.5g	3.1g
Sodium (mg)	1535mg	415mg

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

2024 | CW02



1



Cook the veggies

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **soffritto mix**, until tender, **4-5 minutes**.

3



Finish the sauce

- 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**.
- In the last **3 minutes** of cook time, stir in **pulled chicken**, cover with a lid and cook until warmed through.
- Remove pan from heat, then add the **butter** and **salad leaves** and stir through until leaves are wilted. Season generously with **salt** and **pepper**.

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

2



Start the sauce

- Add **garlic & herb seasoning** and **tinned tomatoes** to the pan and cook until fragrant, **1-2 minutes**.
- Add **fusilli**, **chicken-style stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and stir to combine.

4



Serve up

- Divide one-pot pulled chicken and veggie fusilli between bowls.
- Dollop over **basil pesto** and tear over **herbs (see ingredients)** to serve. Enjoy!

Custom Recipe: If you've added grated Parmesan cheese, sprinkle fusilli with Parmesan cheese to serve.

Rate your recipe

Did we make your tastebuds happy?

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