

Smokey Chicken & Courgette Fusilli

with Rocket Salad

KIWI FLAVOURS

Grab your meal kit with this number

35



Recipe Update

We've replaced the risoni in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Fusilli



Courgette



Chicken Thigh



Kiwi Spice Blend



Garlic & Herb Seasoning



Tomato Paste



Baby Leaves



Rocket Leaves



Chicken Breast



Chicken Thigh

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

Calorie Smart

Protein Rich

Eat Me Early

There are plenty of choices for a good pasta out there, but we're positive we have the winning combination of ingredients that will top the lot! Spiced chicken is combined with courgette in a tomato-based sauce for a hearty and warming meal which is sure to satisfy your tastebuds.

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
fusilli	1 small packet	2 small packets
courgette	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
butter*	30g	60g
baby leaves	1 small packet	1 medium packet
brown sugar*	1 tsp	2 tsp
rocket leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2379kJ (569cal)	318kJ (76cal)
Protein (g)	37g	4.9g
Fat, total (g)	31.4g	4.2g
- saturated (g)	12.8g	1.7g
Carbohydrate (g)	41g	5.5g
- sugars (g)	5.2g	0.7g
Sodium (mg)	630mg	84.2mg
Dietary Fibre (g)	3.3g	0.4g

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.

1



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fusilli** in boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people).
- Drain and return to saucepan.

3



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **courgette**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **garlic & herb seasoning**, **tomato paste** and the **butter**, and cook until fragrant, **1-2 minutes**.
- Add **fusilli**, **baby leaves**, the **brown sugar** and the **pasta water**. Stir to combine and season with a pinch of **pepper**.

TIP: Chicken is cooked through when it's no longer pink inside.

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

2



Get prepped

- Meanwhile, slice **courgette** into half-moons.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **Kiwi spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

4



Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide smokey chicken and courgette fusilli between bowls.
- Top with rocket salad to serve. Enjoy!

Little cooks: Help wash and toss the salad veggies!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

