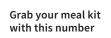


One-Pot Chicken & Veggie Fusilli

with Parsley

HELLOHERO

KID FRIENDLY















Diced Chicken







Chicken-Style

Stock Powder

Fusilli









Parsley



Chilli Flakes (Optional)





Prep in: 20-30 mins Ready in: 35-45 mins

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 with lid · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	1	2
diced chicken	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fusilli	1 small packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
chilli flakes ∮ (optional)	pinch	pinch

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789cal)	322kJ (77cal)
Protein (g)	47.2g	4.6g
Fat, total (g)	32.1g	3.1g
- saturated (g)	16.9g	1.6g
Carbohydrate (g)	75.6g	7.4g
- sugars (g)	9.5g	0.9g
Sodium (mg)	1167mg	113.8mg
Dietary Fibre (g)	7.9g	0.8g

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.
- Finely chop celery. Grate carrot.

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



Add the pasta

- Add garlic & herb seasoning to the pan and cook until fragrant, 1 minute.
- Add fusilli, 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 leaves and simmer, until slightly thickened and leaves are wilted, 1-2 minutes.
 Season generously with salt and pepper.



Cook the chicken & veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook chicken with a pinch of salt and pepper, tossing
 occasionally, until browned and cooked through (when no longer pink
 inside), 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**.



Serve up

- Divide one-pot chicken and veggie fusilli between bowls.
- Garnish with a pinch of chilli flakes (if using) and tear over parsley to serve. Enjoy!

Little cooks: Add the finishing touch and tear over the parsley.



