



One-Pot Chicken & Veggie Fusilli

with Parsley

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

29



Celery



Carrot



Diced Chicken



Garlic & Herb Seasoning



Fusilli



Chicken-Style Stock Powder



Cream



Baby Leaves



Parsley



Chilli Flakes (Optional)



Parmesan Grated



Diced Chicken

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

Eat Me Early

Something magical happens when you combine this decadent creamy sauce with chicken and veggies. Watch the sparks fly as this pasta dish is transformed before your very eyes into the most delicious bowl in all the land!

Pantry items

Olive Oil

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

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



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**.

CUSTOM OPTIONS

+ **ADD PARMESAN GRATED**
Sprinkle on top before serving.

+ **DOUBLE DICED CHICKEN**
Follow method above, cooking in batches if necessary.



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.

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

