



# One-Pot Chicken & Veggie Fusilli

with Parsley & Chilli Flakes

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

29



Celery



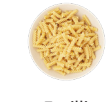
Carrot



Diced Chicken



Nan's Special Seasoning



Fusilli



Chicken-Style Stock Powder



Cream



Baby Leaves



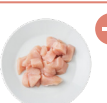
Parsley



Chilli Flakes (Optional)



Grated Parmesan Cheese



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
<b>olive oil*</b>	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
Nan's special seasoning	1 medium sachet	1 large sachet
fusilli	1 small packet	2 small packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	2 cups	4 cups
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
chilli flakes	1 pinch	1 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](https://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 **Nan's special seasoning** to the pan and cook until fragrant, **1 minute**.
- Add **cooked chicken, fusilli, chicken-style stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people), 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**. 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.
- Cook **chicken** with a pinch of **salt** and **pepper**, tossing occasionally, until browned and cooked through, **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**.

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



## Serve up

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

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



### CUSTOM OPTIONS

**+** **ADD PARMESAN GRATED**  
Sprinkle over before serving.

**+** **DOUBLE DICED CHICKEN**  
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.

