



Creamy Cajun Chicken & Leek Fusilli

with Cheddar & Garden Salad

NEW

Grab your meal kit with this number

27



Leek



Apple



Fusilli



Diced Chicken



All-American Spice Blend



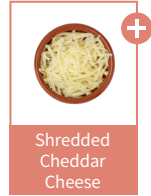
Cream



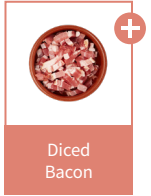
Shredded Cheddar Cheese



Mixed Salad Leaves



Shredded Cheddar Cheese



Diced Bacon

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

Eat Me Early

You can't go wrong with a creamy pasta dish, it's a hit every time! This one has chicken, leek and lots of Cheddar cheese to really amp up the yum-factor - you'll have a table full of empty bowls and smiling faces in no time.

Pantry items

Olive Oil, 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
leek	1	2
apple	1	2
fusilli	1 medium packet	2 medium packets OR 1 large packet
diced chicken	1 medium packet	2 medium packets
All-American spice blend	1 medium sachet	1 large sachet
cream	½ packet	1 packet
shredded Cheddar cheese	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4599kJ (1099cal)	437kJ (104cal)
Protein (g)	53.9g	5.1g
Fat, total (g)	61.4g	5.8g
- saturated (g)	36.2g	3.4g
Carbohydrate (g)	79.6g	7.6g
- sugars (g)	16.6g	1.6g
Sodium (mg)	1115mg	105.9mg
Dietary Fibre (g)	7g	0.7g

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.



Cook the fusilli

- Boil the kettle.
- Thinly slice **leek**. Thinly slice **apple** into wedges.
- Pour boiled water into a large saucepan with a pinch of **salt**.
- Cook **fusilli** in **boiling water** over high heat until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to saucepan.



Finish the sauce

- Reduce heat to medium, then add **cream (see ingredients)** and reserved **pasta water**. Simmer, stirring, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add **fusilli** and half the **shredded Cheddar cheese** and stir until combined. Season to taste.



Start the sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **diced chicken** and **leek**, tossing occasionally, until browned and cooked through, **5-6 minutes**
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **All-American spice blend** and cook, until fragrant, **1 minute**.

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



Serve up

- Meanwhile, in a large bowl, combine apple, **mixed salad leaves**, a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide creamy Cajun chicken and leek fusilli between bowls.
- Sprinkle with remaining Cheddar.
- Serve with garden salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS

+ **DOUBLE CHEDDAR CHEESE**
Follow method above.

+ **ADD DICED BACON**
Before cooking chicken and leek, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

