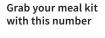


Creamy Tomato & Chicken Fusilli with Parmesan & Baby Leaves

HELLOHERO

KID FRIENDLY















Diced Chicken

Tomato Paste





Garlic & Herb Seasoning





Chicken-Style Stock Powder

Baby Leaves



Grated Parmesan Cheese







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



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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
carrot	1	2
diced chicken	1 medium packet	2 medium packets OR 1 large packet
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	1 large sachet	2 large sachets
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4322kJ (1032Cal)	852kJ (203Cal)
Protein (g)	53.9g	10.6g
Fat, total (g)	53g	10.5g
- saturated (g)	33.3g	6.6g
Carbohydrate (g)	83.1g	16.4g
- sugars (g)	14.8g	2.9g
Sodium (mg)	1672mg	330mg
Dietary Fibre (g)	7.3g	1.4g

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.



Cook the pasta

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook fusilli in the boiling water until 'al dente', 12 minutes.
- Reserve some pasta water (½ cup for 2 people / 1 cup for 4 people), then
 drain and return fusilli to the saucepan.
- Meanwhile, grate carrot.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Make the creamy sauce

Reduce heat to low, then add cream (see ingredients), chicken-style stock
powder, cooked fusilli, baby leaves, a splash of reserved pasta water and
half the grated Parmesan cheese. Stir until warmed through, 1-2 minutes.
 Season to taste with salt and pepper.

TIP: If the sauce looks too thick, stir through a splash more reserved pasta water to loosen.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook diced chicken and carrot, tossing occasionally, until browned and
 cooked through, 5-6 minutes.
- Add tomato paste (see ingredients) and garlic & herb seasoning and cook until fragrant, 1-2 minutes.

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



Serve up

- Divide creamy tomato and chicken penne between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top



ADD DICED BACON

Before cooking sauce, 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.

