



Creamy Tomato & Chicken Fusilli

with Parmesan & Baby Leaves

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

12



Fusilli



Carrot



Diced Chicken



Tomato Paste



Garlic & Herb Seasoning



Cream



Chicken-Style Stock Powder



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Diced Chicken

Recipe Update

We've replaced the penne in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early

A penny for your thoughts? Well, we're thinking of tender chicken and pasta in a rich and creamy pink sauce. With carrot for goodness, and a scattering of grated Parmesan cheese, this is the simple, yet tasty bowl of your (and our) dreams!

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.

1



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.

3



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.

2



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.

4



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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



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.

