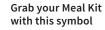


# Quick Creamy Chicken Fusilli with Capsicum Relish & Tomato

KID FRIENDLY













Aussie Spice Blend





Chicken-Style Stock Powder





**Baby Spinach** 

Chargrilled Capsicum Relish







Chilli Flakes (Optional)



Chicken Breast



Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me Early

Anything and everything can go into a fusilli pasta, but this one has something a little special. That rich red and creamy sauce comes from the addition of chargrilled capsicum relish. It covers the chicken and spinach perfectly creating yet another amazing bowl of fusilli.





#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

 $Large\ saucepan\cdot Large\ frying\ pan$ 

### Ingredients

|  | 2 People            | 4 People            |  |  |
|--|---------------------|---------------------|--|--|
| olive oil*                               | refer to method     | refer to method     |  |  |
| fusilli                                  | 1 packet            | 1 packet            |  |  |
| onion                                    | 1 (medium)          | 1 (large)           |  |  |
| tomato                                   | 1                   | 2                   |  |  |
| chicken breast                           | 1 packet            | 1 packet            |  |  |
| Aussie spice<br>blend                    | 1 sachet            | 1 sachet            |  |  |
| cream                                    | ½ bottle<br>(125ml) | 1 bottle<br>(250ml) |  |  |
| chicken-style<br>stock powder            | 1 sachet<br>(5g)    | 1 sachet<br>(10g)   |  |  |
| chargrilled<br>capsicum relish           | 1 packet<br>(50g)   | 1 packet<br>(100g)  |  |  |
| baby spinach<br>leaves                   | 1 medium bag        | 1 large bag         |  |  |
| chilli flakes ∮<br>(optional)            | pinch               | pinch               |  |  |
| chicken breast**                         | 1 packet            | 1 packet            |  |  |
| *Pantry Items **Custom Recipe Ingredient |                     |                     |  |  |

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3530kJ (844Cal) | 735kJ (176Cal) |
| Protein (g)      | 47.2g           | 9.8g           |
| Fat, total (g)   | 36.6g           | 7.6g           |
| - saturated (g)  | 17.9g           | 3.7g           |
| Carbohydrate (g) | 79.2g           | 16.5g          |
| - sugars (g)     | 11.5g           | 2.4g           |
| Sodium (mg)      | 1388mg          | 289mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4289kJ (1025Cal) | 670kJ (160Cal) |
| Protein (g)      | 79.7g            | 12.4g          |
| Fat, total (g)   | 42.3g            | 6.6g           |
| - saturated (g)  | 19.6g            | 3.1g           |
| Carbohydrate (g) | 79.2g            | 12.4g          |
| - sugars (g)     | 11.5g            | 1.8g           |
| Sodium (mg)      | 1486mg           | 232mg          |

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





#### Cook the fusilli

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

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Cook the sauce

- Add **onion** and **tomato** to the pan, and cook until tender, **4-5 minutes**.
- Add Aussie spice blend and cook until fragrant, 1 minute.
- Reduce heat to medium, then add cream (see ingredients), chicken-style stock powder and the reserved pasta water and simmer until slightly thickened. 3-4 minutes.
- Remove pan from heat, then add chargrilled capsicum relish, cooked fusilli and baby spinach leaves. Stir to combine. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.



## Get prepped

- Meanwhile, finely chop onion. Roughly chop tomato. Cut chicken breast into 2cm chunks.
- In large frying pan, 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, 3-4 minutes.

**Custom Recipe:** If you've doubled your chicken, cook in batches for the best result.



## Serve up

- Divide creamy capsicum chicken fusilli between bowls.
- Garnish with **chilli flakes** (if using) to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate