



Quick Creamy Chicken Fusilli

with Capsicum Relish & Tomato

KID FRIENDLY

Grab your Meal Kit with this symbol



Fusilli



Onion



Tomato



Aussie Spice Blend



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Spinach Leaves



Chilli Flakes (Optional)



Chicken Breast



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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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 · 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 blend	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (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!

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