

Creamy Chicken & Leek Fusilli

with Baby Spinach & Parmesan

KID FRIENDLY

Grab your meal kit
with this number

13



Prep in: 10-20 mins
Ready in: 25-35 mins

 Eat Me Early

Once you realise how quickly you can make a creamy pasta sauce from scratch, you'll never use the jarred stuff again. In this weeknight winner, the herby chicken, tender spinach and 'al dente' pasta happily soak up the garlic and herb-laced sauce, which gets an extra boost of flavour from our signature Aussie spice blend.

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
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
leek	1	2
fusilli	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	1 large packet	2 large packets
baby spinach leaves	1 large packet	2 large packets
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3822kJ (913Cal)	723kJ (173Cal)
Protein (g)	58.3g	11g
Fat, total (g)	39.9g	7.5g
- saturated (g)	20.6g	3.9g
Carbohydrate (g)	77.8g	14.7g
- sugars (g)	12g	2.3g
Sodium (mg)	1135mg	215mg
Dietary Fibre (g)	7.7g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Bring a large saucepan of salted water to the boil.
- Cut **chicken tenderloins** into 2cm chunks.
- Thinly slice **leek**.

3



Cook the chicken & creamy sauce

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **leek**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **garlic & herb seasoning** and **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **light cooking cream**, **baby spinach leaves** and **cooked fusilli** to the pan. Cook, stirring, until cream is warmed through (when no longer pink inside) and spinach is just wilted, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Remove pan from heat.

TIP: Add some reserved pasta water to the pan if the sauce looks too thick!

2



Cook the pasta

- Cook **fusilli** in the boiling water until 'al dente', **11 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain **fusilli** and return to saucepan.

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

4



Serve up

- Divide creamy chicken and leek fusilli between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



ADD DICED BACON

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



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

