Creamy Chicken & Mushroom Fusilli

with Parmesan Cheese

EASY KIDS DINNER | KID FRIENDLY

Grab your meal kit with this number **29**

- Fusilli
- Chicken Breast
- Sliced Mushrooms
- Garlic Paste
- Light Cooking Cream
- Parmesan Cheese

Chicken Breast

Diced Bacon

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

Eat Me First

You can never really go wrong with fusilli, especially when it is paired with some tasty ingredients, such as tender chicken chunks, meaty mushrooms, garlic paste, cream and Parmesan. Who would have thought it only took 6 ingredients to make a meal worth raving about?

Before you start

All ingredients are portioned according to plan size.
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.

You will need

Large saucepan · Large frying pan

Ingredients

	2P	3P	4P	5P	6P
olive oil*	refer to method				
fusilli (packet(s))	1	1	2	2	3
reserved pasta water* *(cup(s))*	⅓	⅔	⅔	1	1
chicken breast (grams)	330g	495g	660g	825g	990g
sliced mushrooms (packet(s))	1M	1L	1L	1M+ 1L	1M+ 1L
garlic paste (packet(s))	1	1	2	2	3
light cooking cream (packet(s))	1L	2L	2L	3L	3L
Parmesan cheese (packet(s))	1	2	2	3	3

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3550kJ (849Cal)	775kJ (185Cal)
Protein (g)	59.6g	13g
Fat, total (g)	35.8g	7.8g
- saturated (g)	20.4g	4.5g
Carbohydrate (g)	69.6g	15.2g
- sugars (g)	7.4g	1.6g
Sodium (mg)	406mg	89mg
Dietary Fibre (g)	4.3g	0.9g

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.

We're here to help!

Scan here if you have any questions or concerns

1

Cook the pasta

- Boil the kettle. Half-fill a large saucepan with boiling water and add a generous pinch of **salt**.
- Cook **fusilli** in the boiling water, until 'al dente', **11 minutes**.
- Reserve some **pasta water (see ingredients)**. Drain **fusilli**, then return to saucepan with a drizzle of **olive oil**.

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

2

Cook the chicken

- Meanwhile, cut **chicken breast** into 2cm chunks. Season to taste with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.

Little cooks: *Take the lead by seasoning the chicken!*

3

Make it saucy

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **sliced mushrooms**, until browned and softened, **6-8 minutes**.
- Add **garlic paste** and cook, stirring until fragrant, **1 minute**.
- Add **light cooking cream**, a pinch of **salt** and the **reserved pasta water**. Simmer until slightly thickened, **2-3 minutes**.
- Stir in **cooked fusilli**, **chicken** and half the **Parmesan cheese**, tossing well to combine. Season to taste.

4

Finish & serve

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

ELEVATE ME: *If you've added extra ingredients to this recipe, roughly chop roasted almonds. Top pasta with basil pesto and almonds. Tear over parsley to serve.*
Little cooks: *Add the finishing touch by sprinkling over the cheese!*

CUSTOM OPTIONS

CHICKEN BREAST:
Follow method above, cooking in batches if necessary.

DICED BACON:
Cook with chicken, breaking up with a spoon, until browned, 4-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO