



# Basil 'Pesto' Chicken & Courgette Fusilli

with Baby Spinach & Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

1



Fusilli



Courgette



Chicken Breast



Garlic & Herb Seasoning



Tomato Paste



Chicken-Style Stock Powder



Baby Spinach Leaves



Plant-Based Basil Pesto



Grated Parmesan Cheese



Chicken Breast



Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

You can add just about anything to a pasta, but sometimes simple and tasty is the way to go. For our favourite twirly-whirly pasta, we recommend a hearty, homey combo of juicy chicken, tender courgette and punchy plant-based basil pesto. Grab a fork and take a bite, we know you'll be back for seconds!

## 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
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
courgette	1	2
chicken breast	320g	640g
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium packet	1 large packet
plant-based basil pesto	1 medium packet	2 medium packets
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	706kJ (169Cal)
Protein (g)	57.5g	11.8g
Fat, total (g)	29g	6g
- saturated (g)	11g	2.3g
Carbohydrate (g)	81g	16.7g
- sugars (g)	13.4g	2.8g
Sodium (mg)	1280mg	263mg
Dietary Fibre (g)	6.1g	1.3g

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](https://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

2026 | CW03



## Cook the fusilli

- Boil the kettle.
- Pour boiling water into a large saucepan with a pinch of **salt**.
- Add **fusilli** to the boiling water and cook, over high heat, until 'al dente', **12 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **fusilli**, then return to saucepan.

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



## Make the sauce

- Add **garlic & herb seasoning** and **tomato paste (see ingredients)** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, add **chicken-style stock powder**, the **brown sugar**, **butter** and **reserved pasta water**, then simmer, stirring until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add **cooked fusilli** and **baby spinach leaves**, then stir until wilted and combined. Season to taste with **salt** and **pepper**.

### CUSTOM OPTIONS

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

**+ DICED BACON:**  
Cook with veggies, breaking up with a spoon, until browned, 6-7 minutes. Continue with recipe.



## Get prepped

- Meanwhile, slice **courgette** into half-moons.
- Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken** and **courgette**, tossing occasionally, until chicken is browned and cooked through, **5-6 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Finish & serve

- Divide chicken and courgette fusilli between bowls.
- Top with a dollop of **plant-based basil pesto** and sprinkle with **grated Parmesan cheese** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the cheese!

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

