



# Classic Chicken Pasta Salad

with Cheesy Mustard Dressing

Grab your Meal Kit with this symbol



Penne



Chicken Breast Strips



Aussie Spice Blend



Tomato



Garlic Aioli



Dijon Mustard



Grated Parmesan Cheese



Baby Spinach Leaves

Hands-on: 10 mins  
 Ready in: 20 mins

Eat me early

Got 20 quick minutes to give this lunch idea a go? Whip up a pasta salad like no other, filled to the brim with mildly spiced chunks of chicken, a burst of sweetness from the fresh tomato and a rich creamy dressing stirred through to bring it all together.

*Unfortunately, this week's fusilli was in short supply, so we've replaced it with penne. Don't worry, the recipe will be just as delicious!*

### 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

Medium saucepan · Large frying pan

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
penne	1 packet
chicken breast strips	1 packet
Aussie spice blend	1 sachet
tomato	1
garlic aioli	1 packet (100g)
Dijon mustard	1 packet (15g)
grated Parmesan cheese	1 packet (30g)
baby spinach leaves	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (897Cal)	900kJ (215Cal)
Protein (g)	48.3g	11.6g
Fat, total (g)	41.3g	9.9g
- saturated (g)	8g	1.9g
Carbohydrate (g)	80.6g	19.3g
- sugars (g)	9.9g	2.4g
Sodium (mg)	1250mg	299mg

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.



### Cook the penne

Boil a kettle of water. Add the boiling water to a medium saucepan. Cook the **penne** in the boiling water until 'al dente', **10 minutes**. Drain and return to the saucepan.

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



### Cook the chicken

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken breast strips** and **Aussie spice blend**, turning occasionally, until browned and cooked through, **4-6 minutes**.



### Make the dressing

While the chicken is cooking, roughly chop the **tomato**. In a small bowl, combine the **garlic aioli**, **Dijon mustard** and **grated Parmesan cheese**, then season with **salt** and **pepper**.



### Pack & serve

When you're ready to pack your lunch, roughly chop the classic spiced chicken. Stir the tomato, **baby spinach leaves**, chicken and cheesy mustard dressing through the penne. Season to taste. Divide between two reusable containers and refrigerate.

**TIP:** This pasta salad is best enjoyed cooled!

Enjoy!