



Pulled Chicken & Pesto Wholemeal Fusilli

with Greens & Chargrilled Capsicum Relish

Grab your Meal Kit with this symbol




-  Wholemeal Fusilli
-  Garlic
-  Celery
-  Onion
-  Garlic & Herb Seasoning
-  Tomato Paste
-  Chargrilled Capsicum Relish
-  Baby Spinach Leaves
-  Pulled Chicken
-  Basil Pesto

 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **20-30** mins

Dietitian Approved

 Eat Me Early

This dinner has gold stars all over it with two absolute favourites coming together in a bowl, that's right we're talking about pulled chicken and the twirliest pasta of all, fusilli. Another gold star goes to the sauce that's been tossed through, a classic basil pesto with a tomato base and for a little kick of flavour a chargrilled capsicum relish pulls it all together.

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
wholemeal fusilli	1 packet	2 packets
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
pulled chicken	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	½ packet	1 packet
chargrilled capsicum relish	½ packet (25g)	1 packet (50g)
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3053kJ (730Cal)	664kJ (159Cal)
Protein (g)	41.6g	9.1g
Fat, total (g)	27.2g	5.9g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	74.4g	16.2g
- sugars (g)	11.1g	2.4g
Sodium (mg)	979mg	213mg

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.

1



Cook the fusilli

- Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Cook **wholemeal fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain, then return **fusilli** to pan with a drizzle of **olive oil** to prevent sticking.

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

3



Make the sauce

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** until just tender, **3-4 minutes**. Add **celery** and cook, **2-3 minutes**.
- Add **pulled chicken** and cook, breaking up with a spoon, **1-2 minutes**.
- Add **garlic & herb seasoning**, **garlic** and **tomato paste** (see ingredients) and cook until fragrant, **1 minute**.
- Add **chargrilled capsicum relish** (see ingredients), cooked **fusilli**, **basil pesto**, **baby spinach leaves** and the reserved **pasta water**. Stir to combine. Season with **salt** and **pepper**.

2



Get prepped

- Meanwhile, finely chop **garlic** and **celery**. Thinly slice **onion**.

4



Serve up

- To serve, divide pulled chicken and pesto wholemeal fusilli between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



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