



Garlicky Chicken and Feta Fusilli Pasta

with Olives

15 Minutes

Swap



Chicken Breast Tenders*
310 g | 620 g

Customized Protein + Add Swap or x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breast, Diced*
310 g | 620 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Mixed Olives
30 g | 60 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Cream Cheese
2 | 4



Fusilli
170 g | 340 g



Crushed Tomatoes
200 ml | 400 ml

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook pasta

- Before starting, preheat the broiler to high.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **fusilli** to the boiling water. Cook, uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **pasta water**, then drain and return **fusilli** to the same pot, off heat.

4



Make Sauce

- Add **cream cheese, tomatoes, reserved pasta water** and **Zesty Garlic Blend** to the pan with **chicken**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

2



Prep

- Meanwhile, drain, then roughly chop **olives**.

5



Finish pasta

- Add **sauce, chicken, olives** and **half the feta** to the large pot with **pasta**. Stir to combine.

3



Cook chicken

🔄 Swap | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **diced chicken breast**. Cook, stirring often, until **chicken** is golden-brown and cooked through, 3-4 min.**
- Season with **salt** and **pepper**.

6



Plate and serve

- Divide **pasta** between bowls.
- Sprinkle **remaining feta** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook chicken

🔄 Swap | **Chicken Breast Tenders**

If you've opted to get **chicken breast tenders**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **diced chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.