










# Speedy Cheesy Chicken Fusilli

## with Spinach and Crispy Shallots

25 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g   500 g	Beyond Meat® 2   4	Ground Chicken* 500 g   1000 g

 Customized Protein  Add  Swap or  \*2 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) 



	
Ground Chicken* 250 g   500 g	Garlic Puree 1 tbsp   2 tbsp
	
Chicken Stock Powder 1 tbsp   2 tbsp	Cream Sauce Spice Blend 1 tbsp   2 tbsp
	
White Cheddar Cheese, shredded ½ cup   1 cup	Parmesan Cheese, shredded ¼ cup   ½ cup
	
Crispy Shallots 28 g   28 g	Baby Spinach 56 g   113 g
	
Dijon Mustard ½ tbsp   1 tbsp	Chives 7 g   7 g
	
Fusilli 170 g   340 g	

**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** | Unsalted Butter, salt, milk, pepper

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

1



### Cook fusilli

- Before starting, 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 cheese sauce

- Add **fusilli**, **reserved pasta water**, **stock powder** and  $\frac{1}{2}$  **cup** (1 cup) **milk** to the pan with **chicken**. Bring to a gentle simmer, stirring occasionally.
- Simmer, stirring often, until **sauce** reduces slightly, 1-2 min.
- Add **cheddar** and **Parmesan**, then reduce heat to medium. Cook, stirring often, until **cheese** melts and **sauce** thickens slightly, 2-3 min.

2



### Prep

- Meanwhile, roughly chop **spinach**.
- Thinly slice **chives**.

3



### Cook chicken

- 🔄 Swap | **Ground Beef**
- 🔄 Swap | **Beyond Meat®**
- ✖2 Double | **Ground Chicken**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min. **\*\***
- Add **garlic puree**, then sprinkle **Cream Sauce Spice Blend** over top. Cook, stirring often, until **chicken** is coated and **mixture** is fragrant, 30 sec. Season with **pepper**.

6



### Finish and serve

- Divide **fusilli** between bowls.
- Sprinkle **chives** and **crispy shallots** over top.

Measurements  
within steps

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

### 3 | Cook beef

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**. **\*\***

### 3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **chicken**, breaking up **patties** into smaller pieces, until crispy, 5-6 min. **\*\***

### 3 | Cook chicken

✖2 Double | **Ground Chicken**

If you've opted for double **chicken** cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

♦ 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.