



Chicken and Spinach Pasta with Cream Cheese

Family Friendly

Optional Spice

30 Minutes



Chicken Tenders



Cream Cheese



Mozzarella Cheese
shredded



Garlic



Fusilli



Baby Spinach



Shallot



Cream



Montreal Steak Spice



Chili Flakes

HELLO CREAM CHEESE

This versatile, creamy soft cheese is great for both sweet and savoury applications!

Start here

Before starting, preheat your broiler to high.

Bust out

Baking sheet, large oven-proof pan, colander, measuring spoons, aluminum foil, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Cream Cheese	86 g	172 g
Mozzarella Cheese shredded	¾ cup	1 ½ cups
Garlic	6 g	12 g
Fusilli	170 g	340 g
Baby Spinach	113 g	227 g
Shallot	50 g	100 g
Cream	56 g	113 g
Montreal Steak Spice	½ tbsp	1 tbsp
Chili Flakes 🌶️	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		
Oil*		

* Pantry items

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

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

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Add **10 cups warm water** and **2 tsp salt** (use same for 4 ppl) to a large pot. Cover and bring to a boil over high heat. While **water** comes to a boil, peel, then mince or grate **garlic**. Peel, then mince **shallot**. Roughly chop **spinach**.



Cook sauce

Reheat the same pan (from step 2) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shallots, garlic** and **spinach**. Cook, stirring often, until **spinach** is wilted, 2-3 min. Add **cream cheese** and **cream**. Cook, stirring often, until **cream cheese** melts, 1-2 min.



Cook chicken

Pat **chicken** dry with paper towels, then season with **half the Montreal Steak Spice** (use all for 4 ppl). Heat a large oven-proof pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to a foil-lined baking sheet. Broil in the **middle** of the oven until **chicken** is cooked through, 5-6 min.** Carefully wipe the pan clean.



Assemble pasta bake

Add **fusilli** and **reserved pasta water** to pan with **sauce**. Season with **salt** and **pepper**, then stir to combine. Remove the pan from heat. (NOTE: If you do not have an oven-proof pan, transfer mixture to a lightly oiled 8x8-inch baking dish. Use a 9x13-inch baking dish for 4 ppl.) Sprinkle with **cheese**. Broil in the **top** of the oven until **cheese** melts, 4-5 min.



Cook pasta

While **chicken** bakes, add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **fusilli** to the same pot, off heat.



Finish and serve

Slice **chicken**. Divide **chicken** and **pasta** between plates. Sprinkle **chili flakes** over **pasta**, if desired.

Dinner Solved!