



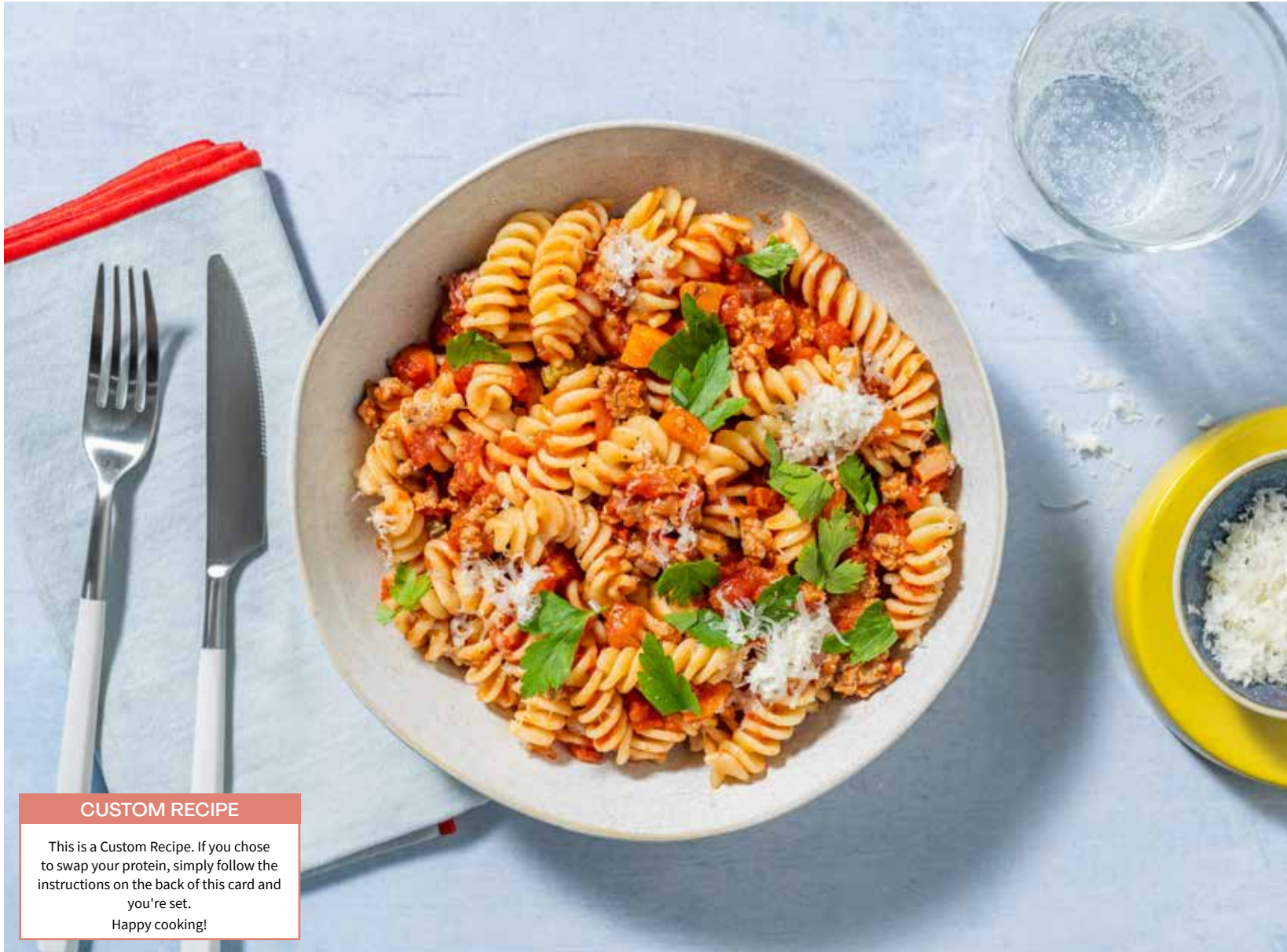
Chicken Ragù¹ and Fusilli

with Shredded Parmesan

Family Friendly 15-25 Minutes



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Ground Chicken



Tofu



Fusilli



Mirepoix



Parsley



Parmesan Cheese,
shredded



Crushed Tomatoes
with Garlic and
Onion



Tomato Sauce Base



Balsamic Vinegar



Chicken Stock
Powder



Garlic, cloves

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken	250 g	500 g
Tofu	1	2
Fusilli	170 g	340 g
Mirepoix	113 g	227 g
Parsley	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
Crushed Tomatoes with Garlic and Onion	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Garlic, cloves	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

1



Cook fusilli

- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **fusilli** to the same pot, off heat.

2



Cook chicken

- Meanwhile, peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **garlic, mirepoix** and **chicken**. Cook, breaking up **meat** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **stock powder** and **pepper**.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook alongside the **garlic and mirepoix**, then continue to follow the recipe as written.

3



Make ragu

- Add **crushed tomatoes, tomato sauce base, vinegar** and **½ cup** (¾ cup) **water**. Bring to a boil. Once boiling, cook stirring occasionally, until **sauce** thickens slightly, 4-5 min.

4



Combine pasta and sauce

- Stir **half the Parmesan** into **sauce**.
- Add **sauce** to the pot with **fusilli**, then stir to combine. Season with **salt** and **pepper**, to taste. (**TIP:** For a lighter sauce, add reserved pasta water, 1-2 tbsp at a time.)

5



Finish and serve

- Finely chop **parsley**.
- Divide **chicken ragu** and **fusilli** between bowls.
- Sprinkle **parsley** and **remaining Parmesan** over top.

Dinner Solved!



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