



# Pesto-Parm Baked Chicken Fusilli

with Zucchini in Rose Sauce

Family Friendly 25-35 Minutes



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Chicken Breasts



Sun-Dried Tomato Pesto



Parmesan Cheese, shredded



Fusilli



Tomato Sauce Base



Cream Cheese



Cream Sauce Spice Blend



Zucchini

HELLO SUN-DRIED TOMATO PESTO

*This pesto gets its natural sweetness from sun-dried tomatoes!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

## Bust out

Baking sheet, measuring spoons, plastic wrap, rolling pin, parchment paper, measuring cups, large pot, colander, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sun-Dried Tomato Pesto	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Fusilli	170 g	340 g
Tomato Sauce Base	2 tbsp	4 tbsp
Cream Cheese	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Salt and Pepper*		

\* 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.*



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1



### Cook fusilli

- 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.
- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **1 ¼ cups** (2 cups) **pasta water**, then drain and return **fusilli** to the same pot, off heat.

4



### Cook zucchini

- When **fusilli** is done, return the same pan to medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **zucchini**. Cook, stirring occasionally, until slightly softened, 1-2 min. Season with **salt** and **pepper**.
- Sprinkle **Cream Sauce Spice Blend** over the pan, then add **tomato sauce base**. Cook, stirring often, until fragrant and **zucchini** is coated, 30 sec.

2



### Prep zucchini and chicken

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Pat **chicken** dry with paper towels.
- Cover **chicken** with plastic wrap.
- Using a rolling pin or heavy-bottomed pot, carefully pound **each chicken breast** until ½-inch thick. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.

5



### Finish fusilli

- Add **cream cheese**, **fusilli** and **1 cup** (1 ½ cups) **reserved pasta water** to the pan. Bring to a simmer, stirring often, to combine **cream cheese**.
- Simmer, stirring often, until **sauce** thickens slightly and **zucchini** is tender-crisp, 2-3 min. (**TIP:** Add reserved pasta water, 1 tbsp at a time, if sauce reduces too fast.)
- Remove the pan from heat, then stir in **remaining pesto**. Season with **salt** and **pepper**, to taste.

3



### Cook chicken

- When the pan is hot, add **½ tbsp butter**, then swirl the pan to melt. (**NOTE:** Don't overcrowd the pan! Cook chicken in 2 batches, using ½ tbsp butter per batch, if needed.)
- Add **chicken**, then carefully spread **half the pesto** over **tops of chicken**.
- Sear on one side until golden-brown, 2 min.
- Transfer **chicken** to a parchment-lined baking sheet. Sprinkle **Parmesan** over top.
- Roast in the **top** of the oven until **chicken** is cooked through, 8-10 min. \*\*

6



### Finish and serve

- Stir in **any juices** from the baking sheet into the pan with **fusilli**.
- Divide **fusilli** between plates.
- Top with **chicken**.

## Dinner Solved!