

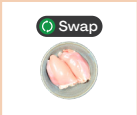


Pesto-Parm Baked Chicken Fusilli

with Zucchini and Rose Sauce

Family Friendly

25-35 Minutes



Chicken Thighs*
250 g | 560 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)



Chicken Breasts*

2 | 4



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Fusilli
170 g | 340 g



Tomato Sauce Base
2 tbsp | 4 tbsp



Cream Cheese
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Zucchini
1 | 2

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 | Salt, pepper, unsalted butter

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

1



Cook pasta

- Before starting, preheat the oven to 450 °F.
- 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.
- 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.

2



Prep zucchini and chicken

- 🔄 **Swap** | **Chicken Thighs**
- 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.

3



Cook chicken

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

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 **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.

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.

6



Finish and serve

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

Measurements
within steps

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

2 | Prep zucchini and chicken

🔄 **Swap** | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

♦ 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.