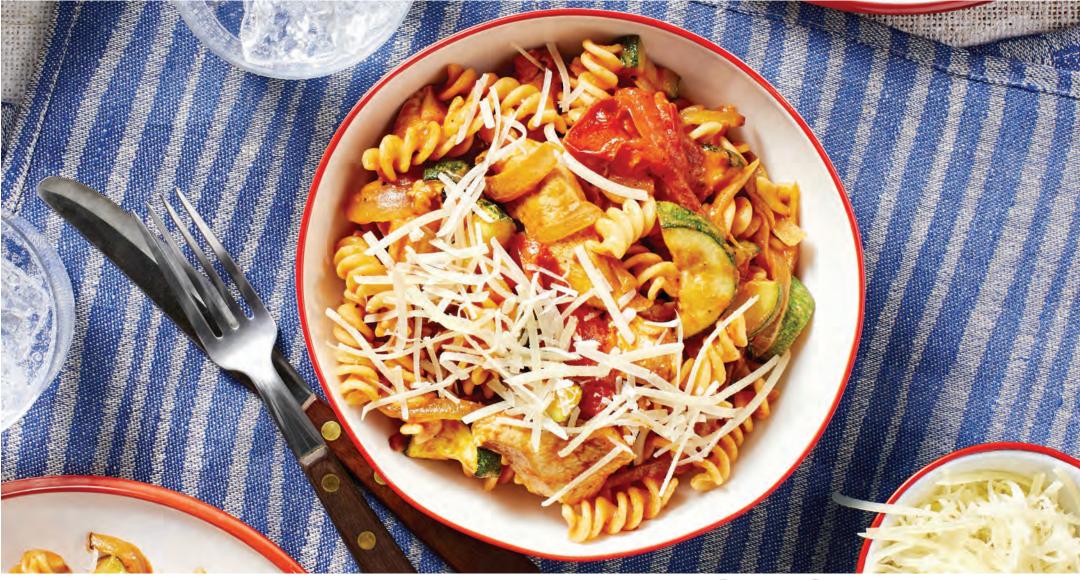


CHICKEN FUSILLI ITALIANO

with Roasted Veggies



HELLO TOMATO PASTE

It's the easy way to get slow-cooked flavor without the slow cooking.



Zucchini

Yellow Onion



Roma Tomatoes Tuscan Heat Spice Chicken Stir-Fry



Cream Cheese



Garlic

(Contains: Wheat)





Parmesan Cheese

Tomato Paste (Contains: Milk) FAMILY 14

START STRONG

Sharpen your knife before you start chopping that onion, and you'll be less likely to start crying.

BUST OUT

- Large pot
- Baking sheet
- Strainer
- Olive oil (6 tsp)
- Butter (2 TBSP) (Contains: Milk)

INGREDIENTS	
Ingredient 4-person	
• Zucchini	2
Yellow Onion	1
Roma Tomatoes	2
• Garlic	4 Cloves
• Tuscan Heat Spice 🧹	1½ TBSP
• Fusilli Pasta	12 oz
Chicken Stir-Fry	20 oz
• Tomato Paste	4 TBSP
Cream Cheese	2 oz
Parmesan Cheese	1/2 Cup

Pair this meal with a HelloFresh Wine matching this icon.





PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Trim ends from **zucchini**, then halve lengthwise. Slice crosswise into ¼-inch-thick half-moons. Halve, peel, and thinly slice **onion**. Cut **tomatoes** into 1-inch-thick wedges. Mince **garlic**.



COOK CHICKEN Heat a large drizzle of **olive oil** in

pot used for pasta over medium-high heat. Add **chicken** and season with a pinch of **salt** and **pepper** and **1 TBSP Tuscan heat spice** (save the rest for another use). Cook, stirring occasionally, until browned and cooked through, about 5 minutes.



ROAST VEGGIES

Toss **zucchini** and **onion** on a baking sheet with half the **garlic**, ½ **TBSP Tuscan heat spice** (we'll use more in step 4), a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until just softened, about 10 minutes. Remove from oven and carefully push slices toward one side of baking sheet.



MAKE SAUCE

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Add **4 TBSP tomato paste** (we sent more) and remaining **garlic** to pot. Cook, stirring occasionally, until fragrant, 1-2 minutes. Stir in **cream cheese** and **1 cup pasta cooking water**. Add **fusilli**, **veggies**, half the **Parmesan**, and **2 TBSP butter**. Stir until well combined. (**TIP**: Add more pasta cooking water, a little at a time, if needed to achieve a creamy consistency.) Remove from heat; season with **salt** and **pepper**.

ADD TOMATOES AND BOIL

Toss **tomatoes**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper** on empty side of baking sheet. Return to oven and roast until all **veggies** are browned and tender, 5-7 minutes. Meanwhile, add **fusilli** to pot of boiling water. Cook until al dente, 10-12 minutes. Reserve **1½ cups pasta cooking water**, then drain and set aside.



FINISH AND SERVE Divide **pasta** between bowls. Sprinkle with remaining **Parmesan** and serve.

- FRESH TALK

If you could add anything to your pasta, what would you choose?

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