



CHICKEN FUSILLI ITALIANO

with Roasted Veggies



HELLO TOMATO PASTE

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

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 770**



Zucchini



Roma Tomatoes



Tuscan Heat Spice



Chicken Stir-Fry



Cream Cheese
(Contains: Milk)



Yellow Onion



Garlic



Fusilli Pasta
(Contains: Wheat)



Tomato Paste



Parmesan Cheese
(Contains: Milk)

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 | ½ Cup |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 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**.



4 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.



2 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.



5 MAKE SAUCE

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**.



3 ADD TOMATOES AND BOIL PASTA

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.



6 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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