



# Classic Chicken Pasta Salad

with Cheesy Mustard Dressing

Grab your Meal Kit with this symbol



Fusilli Pasta



Chicken Breast Strips



Aussie Spice Blend



Tomato



Garlic Aioli



Dijon Mustard



Grated Parmesan Cheese



Baby Spinach Leaves

Hands-on: 10 mins  
 Ready in: 15 mins

Eat me early

Got 15 quick minutes to give this lunch idea a go? Whip up a pasta salad like no other, filled to the brim with mildly spiced chicken, a burst of sweetness from the tomato and a rich creamy dressing stirred through to bring it all together.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
fusilli pasta	1 packet
chicken breast strips	1 packet
Aussie spice blend	1 sachet
tomato	1
garlic aioli	1 packet (100g)
Dijon mustard	1 packet (15g)
grated Parmesan cheese	1 packet (30g)
baby spinach leaves	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (898Cal)	900kJ (215Cal)
Protein (g)	48.3g	11.6g
Fat, total (g)	41.3g	9.9g
- saturated (g)	8g	1.9g
Carbohydrate (g)	80.6g	19.3g
- sugars (g)	9.9g	2.4g
Sodium (mg)	1250mg	299mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



### Cook the fusilli

Boil the kettle. Add the boiling **water** to a medium saucepan and return to the boil. Add the **fusilli pasta** to the boiling water and cook until 'al dente', **11 minutes**. Drain and return to the saucepan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



### Get prepped

While the chicken is cooking, roughly chop the **tomato**. In a small bowl, combine the **garlic aioli**, **Dijon mustard** and **grated Parmesan cheese**. Season with **salt** and **pepper**.

2



### Cook the chicken

While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken breast strips** and **Aussie spice blend**, turning occasionally, until browned and cooked through, **4-6 minutes**.

4



### Pack & serve up

When you're ready to pack your lunch, stir the tomato, **baby spinach leaves**, spiced chicken and cheesy mustard dressing through the fusilli. Season to taste. Divide between two containers. Refrigerate.

**TIP:** This pasta salad is best enjoyed cooled!

## Enjoy!