



Plant-Based Basil Pesto & Pumpkin Fettuccine

with Chilli-Garlic Pangrattato & Rocket Salad

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Fettuccine



Garlic



Silverbeet



Panko Breadcrumbs



Flaked Almonds



Chilli Flakes (Optional)



Aussie Spice Blend



Plant-Based Cream



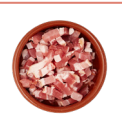
Vegetable Stock Powder



Plant-Based Basil Pesto



Rocket Leaves



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins



Plant Based*

*Custom Recipe is not Plant Based

Who let the kitchen fairy in last night because they've worked their magic and summoned a bowl of golden fettuccine pasta. The roasted pumpkin in a creamy sauce and the fresh basil pesto will enchant you, so go on have a bite and fall under its spell.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan ·

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
fettuccine	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
silverbeet	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
flaked almonds	1 packet	2 packets
chilli flakes (optional) †	pinch	pinch
Aussie spice blend	1 medium sachet	1 large sachet
plant-based cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	1 packet (50g)	1 packet (100g)
rocket leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2934kJ (701Cal)	782kJ (187Cal)
Protein (g)	20.9g	5.6g
Fat, total (g)	27.2g	7.3g
- saturated (g)	2.9g	0.8g
Carbohydrate (g)	87.6g	23.4g
- sugars (g)	10.1g	2.7g
Sodium (mg)	1219mg	325mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3519kJ (841Cal)	828kJ (198Cal)
Protein (g)	28.8g	6.8g
Fat, total (g)	39.4g	9.3g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	87.7g	20.6g
- sugars (g)	10.1g	2.4g
Sodium (mg)	1618mg	381mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW29

1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan forced**. Boil the kettle.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **15-20 minutes**.

3



Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **Aussie spice blend** and remaining **garlic** until fragrant, **1 minute**.
- Add **plant-based cream (see ingredients)**, **silverbeet**, **vegetable stock powder** and reserved **pasta water**, then simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add **fettuccine**, **roasted pumpkin** and **plant-based basil pesto** and stir to combine. Season to taste.

Custom Recipe: If you've added diced bacon to your meal, cook bacon before the garlic and spice blend, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

2



Cook the pasta & pangrattato

- Half-fill a large saucepan with boiling water and a generous pinch of **salt**. Cook **fettuccine** in boiling water, over high heat, until 'al dente', **9 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **fettuccine**, then return to saucepan.
- Meanwhile, finely chop **garlic**. Roughly chop **silverbeet**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs (see ingredients)**, **flaked almonds**, half the **garlic** and a pinch of **chilli flakes** (if using), stirring, until golden brown, **3-5 minutes**. Transfer to a bowl and season to taste. Set aside.

4



Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Divide basil pesto and pumpkin fettuccine between bowls.
- Garnish with chilli-garlic pangrattato. Serve with rocket salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate