



# Roast Veggie & Tomato Fusilli

with Plant-Based Basil Pesto & Parsley

Grab your Meal Kit with this symbol



Carrot



Onion



Fusilli



Garlic



Celery



Herb & Mushroom Seasoning



Tinned Cherry Tomatoes



Vegetable Stock Powder



Plant-Based Basil Pesto



Baby Spinach Leaves



Parsley



Diced Bacon

### Recipe Update

Due to recent sourcing challenges, we've replaced some ingredients, which may be a little different to what's pictured. Don't worry, your recipe will just be as delicious!

Prep in: **20-30 mins**  
Ready in: **35-45 mins**



Plant Based\*

\*Custom Recipe is not Plant Based

We're adding layers of flavour to this easy pasta dish by roasting veggies and tossing them into a rich sauce with plant-based basil pesto. The veggies caramelize in the oven and develop lightly charred edges, transforming your finished dish into a taste sensation.

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

### Pantry items

Olive Oil, Brown Sugar

## 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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
fusilli	½ large packet	1 large packet
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
herb & mushroom seasoning	1 sachet	2 sachets
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
plant-based basil pesto (50g)	1 packet	1 packet (100g)
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2926kJ (699Cal)	545kJ (130Cal)
Protein (g)	18.3g	3.4g
Fat, total (g)	26g	4.8g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	93.5g	17.4g
- sugars (g)	17g	3.2g
Sodium (mg)	1383mg	258mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3511kJ (839Cal)	598kJ (143Cal)
Protein (g)	26.2g	4.5g
Fat, total (g)	38.1g	6.5g
- saturated (g)	11.9g	2g
Carbohydrate (g)	93.5g	15.9g
- sugars (g)	17.1g	2.9g
Sodium (mg)	1782mg	304mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW37



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Cut **carrot** into thick half-moons. Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **18-20 minutes**.

4



## Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery**, stirring, until softened, **4-5 minutes**.
- Add **garlic** and **herb & mushroom seasoning** and cook until fragrant, **1 minute**.
- Add **tinned cherry tomatoes, vegetable stock powder** and some reserved **pasta water** (¼ cup for 2 people/ ½ cup for 4 people) and stir to combine.

**Custom Recipe:** If you've added diced bacon to your meal, heat the frying pan over medium-high heat with a drizzle of olive oil. Cook the bacon, breaking up with a spoon, until golden, 6-7 minutes. Continue with step.

2



## Cook the pasta

- Meanwhile, cook **fusilli** (see ingredients) in the boiling water, stirring occasionally, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain and return **fusilli** to the pan. Drizzle with **olive oil** to prevent sticking and cover to keep warm.

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

5



## Bring it all together

- Add the **brown sugar** to the sauce and stir to combine. Simmer until thickened, **2-3 minutes**.
- Remove from heat, then stir through **roasted veggies, plant-based basil pesto, baby spinach leaves** and cooked **fusilli**. Season to taste.

**TIP:** Add another splash of reserved pasta water if the sauce is too thick.

3



## Get prepped

- While the pasta is cooking, finely chop **garlic** and **celery**.

6



## Serve up

- Divide roast veggie and tomato fusilli between bowls.
- Tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)