





Roast Veggie & Tomato Fusilli with Plant-Based Basil Pesto & Parsley

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 caramelise 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 \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1	2
1 (medium)	1 (large)
½ large packet	1 large packet
3 cloves	6 cloves
1 stalk	2 stalks
1 sachet	2 sachets
1 tin	2 tins
1 medium sachet	1 large sachet
1 tsp	2 tsp
1 packet (50g)	1 packet (100g)
1 small bag	1 medium bag
1 bag	1 bag
1 packet	1 packet
	refer to method 1 1 (medium) 1/2 large packet 3 cloves 1 stalk 1 sachet 1 sachet 1 tin 1 medium sachet 1 tsp 1 packet (50g) 1 small bag 1 bag

*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 3511kJ (839Cal) 598kJ (143Cal) Energy (kJ) 26.2g 4.5g Protein (g) 38.1g 6.5g Fat, total (g) - saturated (g) 11.9g 2g Carbohydrate (g) 93.5g 15.9g - sugars (g) 17.1g 2.9g

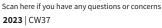
Sodium (mg)1782mg304mgThe quantities provided above are averages only.

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!





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.



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.



Get prepped

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



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.



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.



Serve up

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

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