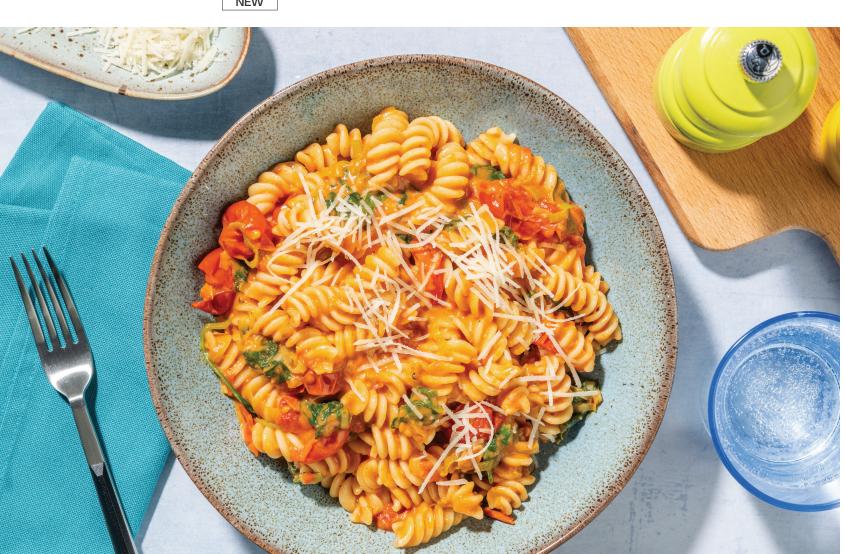


# Creamy Spinach & Leek Fusilli with Capsicum Relish & Parmesan Cheese



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**Tinned Cherry** 



Tomatoes







Vegetable Stock





Chargrilled Capsicum



**Grated Parmesan** 



Prep in: 15-25 mins Ready in: 20-30 mins You can add just about anything to a pasta, an entire veggie garden can be chopped up and tossed through a rich sauce. Sometimes, simple really is best though. Leek, capsicum relish and a little spinach in a creamy tomato sauce is all this dish needs to leave you feeling full and oh-so happy.

**Pantry items** Olive Oil

# 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

 $Large\ saucepan\cdot Large\ frying\ pan$ 

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 packet	2 packets
leek	1	2
tinned cherry tomatoes	1 tin	2 tins
Aussie spice blend	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	697kJ (167Cal)
Protein (g)	21.1g	4.8g
Fat, total (g)	34.5g	7.8g
- saturated (g)	18.6g	4.2g
Carbohydrate (g)	79.8g	18.1g
- sugars (g)	15.9g	3.6g
Sodium (mg)	1464mg	331mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3667kJ (876Cal)	<b>745kJ</b> (178Cal)
Protein (g)	29.1g	5.9g
Fat, total (g)	46.7g	9.5g
- saturated (g)	23.1g	4.7g
Carbohydrate (g)	79.9g	16.2g
- sugars (g)	15.9g	3.2g
Sodium (mg)	1863mg	379mg

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** | CW42





## Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the hoil.
- Cook fusilli in boiling water, over high heat, until 'al dente', 12 minutes.
- Reserve pasta water (1 cup for 2 people / 2 cups for 4 people). Drain fusilli, then return to saucepan.



## Cook the sauce

- Add cherry tomatoes and simmer, lightly crushing with a spatula,
  1-2 minutes.
- Reduce heat to medium, then add cream (see ingredients), vegetable stock powder and some reserved pasta water (½ cup for 2 people / 1 cup for 4 people) and simmer until slightly thickened, 2-3 minutes.
- Remove pan from heat, then add chargrilled capsicum relish, cooked fusilli and baby spinach leaves. Stir to combine. Generously season with salt and pepper.

TIP: Add a splash more pasta water if the sauce looks too thick.



# Get prepped

- Meanwhile, thinly slice leek. Drain tinned cherry tomatoes.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **leek**, stirring, until softened, **3-4 minutes**.
- Add Aussie spice blend and cook until fragrant, 1 minute.

**TIP:** Reserve and refrigerate the passata from the cherry tomatoes to use in another meal!

**Custom Recipe:** If you've added diced bacon to your meal, cook bacon together with the leek!



# Serve up

- Divide creamy spinach and leek fusilli between bowls.
- Sprinkle over grated Parmesan cheese to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate