



Creamy Spinach & Leek Fusilli

with Capsicum Relish & Parmesan Cheese

NEW



Grab your Meal Kit with this symbol



Fusilli



Leek



Tinned Cherry Tomatoes



Aussie Spice Blend



Cream



Vegetable Stock Powder



Chargrilled Capsicum Relish



Baby Spinach Leaves



Grated Parmesan Cheese



Diced Bacon

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.

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

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 · 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

*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)	745kJ (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

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1



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- 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.

3



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.

2



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!

4



Serve up

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

Rate your recipe

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