



Plant-Based Basil Pesto & Veggie Fusilli

with Baby Leaves & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Onion



Fusilli



Garlic



Celery



Herb & Mushroom Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Plant-Based Basil Pesto



Baby Leaves



Parsley



Chicken Breast

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



Eat Me Early*
*Custom Recipe only



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 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, Plant-Based Butter

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
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	1
fusilli	1 small packet	2 small packets
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
herb & mushroom seasoning	1 sachet	2 sachets
crushed & sieved tomatoes	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
plant-based butter*	20g	40g
plant-based basil pesto	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	530kJ (127Cal)
Protein (g)	18.4g	3.2g
Fat, total (g)	29.5g	5.1g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	95.4g	16.6g
- sugars (g)	19.4g	3.4g
Sodium (mg)	1446mg	252mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3828kJ (915Cal)	509kJ (122Cal)
Protein (g)	57.2g	7.6g
Fat, total (g)	32.8g	4.4g
- saturated (g)	8.9g	1.2g
Carbohydrate (g)	96g	12.8g
- sugars (g)	16.6g	2.2g
Sodium (mg)	1582mg	210mg

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

2024 | CW12



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 bite-sized chunks. Cut **onion** (**see ingredients**) 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 **crushed & sieved 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: Cook chicken with celery, tossing occasionally, until browned and cooked through (when no longer pink inside), 4-5 minutes. Continue with step as above.

2



Cook the pasta

- Meanwhile, cook **fusilli** in the boiling water, over high heat, 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 pan from heat, then stir through **roasted veggies**, **plant-based butter**, **plant-based basil pesto**, **baby 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**.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.

6



Serve up

- Divide plant-based pesto, roast veggie and tomato fusilli between plates.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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