



# Plant-Based Pesto, Veggie & Tomato Fusilli

with Baby Leaves & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Onion



Courgette



Fusilli



Garlic



Celery



Herb & Mushroom Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Plant-Based Basil Pesto



Baby Leaves



Parsley

### Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!



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. The veggies caramelize in the pan 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, 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
onion	½	1
courgette	1	2
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 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>plant-based butter*</b>	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)	3057kJ (731Cal)	532kJ (127Cal)
Protein (g)	18.2g	3.2g
Fat, total (g)	29.6g	5.2g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	95g	16.5g
- sugars (g)	16.5g	2.9g
Sodium (mg)	1447mg	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

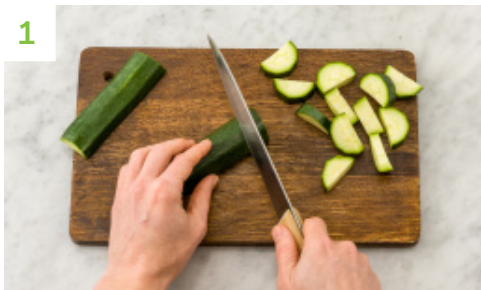
## We're here to help!

Scan here if you have any questions or concerns

2024 | CW16



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## 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. Cut **courgette** into half-moons.
- 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**.

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## 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 of the reserved **pasta water** (¼ cup for 2 people/ ½ cup for 4 people). 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 recipe 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.

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## 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.

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## Get prepped

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

**Custom Recipe:** If you've added chicken breast, cut chicken 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](https://hellofresh.co.nz/rate)