



# Basil Pesto & Greens Fusilli

with Baby Broccoli & Parmesan Cheese

Grab your Meal Kit with this symbol



Fusilli



Baby Broccoli



Leek



Garlic



Garlic & Herb Seasoning



Cream



Vegetable Stock Powder



Basil Pesto



Baby Leaves



Grated Parmesan Cheese



Chicken Breast

Prep in: **15-25 mins**  
Ready in: **25-35 mins**

Eat Me Early\*  
*\*Custom Recipe only*

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 and baby broccoli in a cream and pesto 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
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 small packet	2 small packets
baby broccoli	½ medium bunch	1 medium bunch
leek	1	2
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
basil pesto	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large 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)	3402kJ (813Cal)	893kJ (213Cal)
Protein (g)	24.4g	6.4g
Fat, total (g)	43.7g	11.5g
- saturated (g)	19.6g	5.1g
Carbohydrate (g)	75.7g	19.9g
- sugars (g)	10.5g	2.8g
Sodium (mg)	1114mg	292mg
Dietary Fibre (g)	7.4g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4173kJ (997Cal)	747kJ (179Cal)
Protein (g)	63.4g	11.4g
Fat, total (g)	47g	8.4g
- saturated (g)	20.6g	3.7g
Carbohydrate (g)	76.7g	13.7g
- sugars (g)	10.6g	1.9g
Sodium (mg)	1249mg	224mg
Dietary fibre	7.4g	1.3g

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 | CW20



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## Cook the fusilli

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

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## Finish the sauce

- Reduce heat to medium, then add **cream (see ingredients)**, **vegetable stock powder** and some of the reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people) and simmer until slightly thickened, **1-2 minutes**.
- Add **basil pesto**, cooked **fusilli** and **baby leaves**. Stir to combine and season with **salt** and **pepper**.

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

**Custom Recipe:** Return chicken to pan with basil pesto.

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## Start the sauce

- Meanwhile, halve **baby broccoli** lengthways. Thinly slice **leek**. Finely chop **garlic**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek** and **baby broccoli**, stirring, until softened, **4-5 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks. Before cooking veggies, heat pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate and continue with recipe as above.

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## Serve up

- Divide basil pesto and greens fusilli between bowls.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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