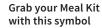
Basil Pesto & Greens Fusilli

with Baby Broccoli & Parmesan Cheese













Baby Broccoli







Garlic & Herb



Seasoning



Vegetable Stock



Basil Pesto

Powder



Baby Leaves



Cheese



Prep in: 15-25 mins Ready in: 25-35 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 and baby broccoli in a cream and pesto 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 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 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





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.



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.



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.



Serve up

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



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