



# One-Pot Creamy Pumpkin Fusilli

with Parmesan & Parsley

NEW



Grab your Meal Kit with this symbol



Leek



Peeled Pumpkin Pieces



Diced Tomatoes With Garlic & Onion



Aussie Spice Blend



Vegetable Stock Powder



Fusilli



Cream



Grated Parmesan Cheese



Parsley



Chicken Breast Strips

### Recipe Update

We've replaced the risoni in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins  
Ready in: 35-45 mins

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

What's going into the pasta today? A little bit of leek, a heap of roasted pumpkin and a creamy tomato-based sauce. It's a perfect concoction of flavour, texture and pure yumminess.

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

**Pantry items**  
Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
diced tomatoes with garlic & onion	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 large sachet	2 large sachets
<b>boiling water*</b>	2 cups	4 cups
fusilli	1 medium packet	1 large packet
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3072kJ (734Cal)	562kJ (134Cal)
Protein (g)	23.6g	4.3g
Fat, total (g)	28.8g	5.3g
- saturated (g)	17.3g	3.2g
Carbohydrate (g)	89.6g	16.4g
- sugars (g)	18.1g	3.3g
Sodium (mg)	1845mg	337mg
Dietary Fibre (g)	8g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	540kJ (129Cal)
Protein (g)	56.1g	7.9g
Fat, total (g)	34.1g	4.8g
- saturated (g)	18.9g	2.7g
Carbohydrate (g)	90.4g	12.8g
- sugars (g)	18.9g	2.7g
Sodium (mg)	1928mg	273mg
Dietary fibre	8g	1.1g

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 | CW21



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Thickly slice **leek**.
- Place **peeled pumpkin pieces** and **leek** on a lined oven tray. Add a pinch of **salt**, a drizzle of **olive oil** and toss to combine.
- Roast until tender, **20-25 minutes**.

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

When the veggies have 10 minutes remaining, heat a large frying 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.

3



## Add the pasta

- Reduce heat to medium, then add **fusilli** and cover pan with lid.
- Simmer, stirring occasionally, until fusilli is 'al dente', **14-16 minutes**.
- Remove from heat then stir through **cream (see ingredients)**, **pumpkin** and **leek**. Season with a pinch of **salt** and **pepper**.

**Custom Recipe:** Stir through cooked chicken along with cream and veggies.

2



## Make the sauce

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **diced tomatoes with garlic & onion**, **Aussie spice blend**, **vegetable stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and bring to the boil.

4



## Serve up

- Divide one-pot creamy pumpkin fusilli between bowls.
- Sprinkle with **grated parmesan cheese** and 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)