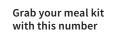
# Rich Leek & Greens Fusilli

with Capsicum Relish Sauce & Parmesan Cheese

CLIMATE SUPERSTAR













**Tinned Cherry** Tomatoes

Nan's Special

Seasoning





Vegetable Stock Powder





Chargrilled Capsicum

**Baby Leaves** 



**Grated Parmesan** 







## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
fusilli	1 small packet	2 small packets
leek	1	2
tinned cherry tomatoes	1 tin	2 tins
Nan's special seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

#### \*Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753Cal)	638kJ (152Cal)
Protein (g)	21.6g	4.4g
Fat, total (g)	34.5g	7g
- saturated (g)	18.7g	3.8g
Carbohydrate (g)	82.5g	16.7g
- sugars (g)	17.9g	3.6g
Sodium (mg)	1453mg	294mg
Dietary Fibre (g)	9g	1.8g

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.



### Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil.
- Cook fusilli in boiling water, over high heat, until 'al dente', 12 minutes.
- Reserve pasta water (1 cup for 2 people / 2 cups for 4 people). Drain fusilli, then return to saucepan.



## Cook the sauce

- Add cherry tomatoes and simmer, lightly crushing with a spatula,
  1-2 minutes.
- Reduce heat to medium, then add cream (see ingredients), vegetable stock powder and some reserved pasta water (½ cup for 2 people / 1 cup for 4 people) and simmer until slightly thickened, 2-3 minutes.
- Remove pan from heat, then add chargrilled capsicum relish, cooked fusilli and baby leaves. Stir to combine. Generously season with salt and pepper.



# Get prepped

- Meanwhile, thinly slice leek. Drain tinned cherry tomatoes.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
  When oil is hot, cook leek, stirring, until softened, 3-4 minutes.
- Add Nan's special seasoning and cook until fragrant, 1 minute.

**TIP:** Reserve and refrigerate the passata from the cherry tomatoes to use in another meal!



# Serve up

- Divide rich leek and greens fusilli between bowls.
- Sprinkle over grated Parmesan cheese to serve. Enjoy!

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



## ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### **ADD BEEF MINCE**

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

