



Rich Leek & Greens Fusilli

with Capsicum Relish Sauce & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your meal kit
with this number

34



Fusilli



Leek



Tinned Cherry
Tomatoes



Nan's Special
Seasoning



Cream



Vegetable Stock
Powder



Chargrilled Capsicum
Relish



Baby Leaves



Grated Parmesan
Cheese



Diced Bacon



Beef Mince

Prep in: **15-25** mins
Ready in: **20-30** 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, capsicum relish and a little spinach in a creamy tomato sauce is all this dish needs to leave you feeling full and oh-so happy.

Pantry items

Olive Oil

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.

1



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.

3



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**.

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

CUSTOM OPTIONS



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.

2



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!

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

