

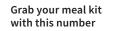
Tomato & Basil Pesto Fusilli

with Parmesan Cheese & Flaked Almonds

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR













Broccoli

Flaked Almonds





Soffritto Mix









Tomato Sugo

Baby Leaves





Plant-Based **Basil Pesto**

Grated Parmesan Cheese







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	2 small packets	4 small packets
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
soffritto mix	1 medium packet	1 large packet
broccoli	1 head	2 heads
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato sugo	1 medium packet	1 large packet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
plant-based basil pesto	1 medium packet	2 medium packets
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3506kJ (838cal)	333kJ (80cal)
Protein (g)	24.6g	2.3g
Fat, total (g)	36.1g	3.4g
- saturated (g)	10.8g	1g
Carbohydrate (g)	102.3g	9.7g
- sugars (g)	13.2g	1.3g
Sodium (mg)	2378mg	225.6mg
Dietary Fibre (g)	8.5g	0.8g

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 & get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fusilli** in boiling water over high heat until 'al dente', **12 minutes**.
- Drain fusilli, then return to saucepan.
- · While the fusilli is cooking, finely chop garlic.
- Chop broccoli (including the stalk!) into small florets.



Bring it all together

- Stir baby leaves, plant-based basil pesto and the butter through the sauce, until leaves have wilted, 2 minutes. Season to taste with salt and pepper.
- Remove pan from heat, then add the cooked fusilli and grated Parmesan cheese. Gently toss fusilli to coat in the sauce.

TIP: Reserve some Parmesan to sprinkle over at the end!



Start the sauce

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook broccoli and soffritto mix, stirring, until softened, 6-7 minutes.
- Add garlic and garlic & herb seasoning and cook, stirring, until fragrant,
- Add tomato sugo, the water and brown sugar and simmer, until slightly thickened, 2-3 minutes.



Serve up

- Divide tomato and basil pesto fusilli between bowls.
- Top with toasted almonds and sprinkle with reserved Parmesan cheese to serve. Enjoy!



Before cooking sauce, cook diced bacon, 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.

