



# Tomato & Basil Pesto Fusilli

with Parmesan Cheese & Flaked Almonds

WINTER WARMERS

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Fusilli



Garlic



Broccoli



Flaked Almonds



Soffritto Mix



Garlic & Herb Seasoning



Tomato Sugo



Baby Leaves



Plant-Based Basil Pesto



Grated Parmesan Cheese



Diced Bacon



Beef Mince

Prep in: 25-35 mins  
Ready in: 25-35 mins

Bring the Italian restaurant vibes to your dinner table with some help from our twirly whirly fusilli. Whip up a rich herbed tomato sauce, top with sharp Parmesan and dinner is done!

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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
<b>olive oil*</b>	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
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
plant-based basil pesto	1 medium packet	2 medium packets
<b>butter*</b>	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](https://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, **1 minute**.
- 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



## 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

Cook with soffritto, breaking up with a spoon, until browned, 4-5 minutes.

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

