



Saucy Mediterranean Broccoli Fusilli

with Chargrilled Capsicum Relish & Parmesan

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Fusilli



Garlic



Flaked Almonds



Broccoli Florets



Soffritto Mix



Garlic & Herb Seasoning



Tomato Sugo



Baby Leaves



Chargrilled Capsicum Relish



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 pillowy potato gnocchi. 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
olive oil*	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
broccoli florets	1 medium packet	1 large packet
soffritto mix	1 medium packet	1 large packet
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
chargrilled capsicum relish	1 medium packet	1 large packet
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](https://www.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 and a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fusilli** in the boiling water over high heat until 'al dente', **12 minutes**. Drain **fusilli**, then return to saucepan.
- Meanwhile, finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Toss the gnocchi

- Stir **baby leaves**, **chargrilled capsicum relish** 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.

2



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **broccoli florets** and **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning**, then cook, stirring until fragrant, **1 minute**.
- Add **tomato sugo**, the **water** and **brown sugar**, then simmer until slightly thickened, **2-3 minutes**.

4



Serve up

- Divide saucy Mediterranean broccoli fusilli between bowls.
- Top with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS



ADD DICED BACON

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



ADD BEEF MINCE

Cook with veggies, 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.

