

Creamy Pesto & Cherry Tomato Fettuccine

with Apple Balsamic Salad

NEW

Grab your meal kit with this number

19



Courgette



Apple



Fettuccine



Cherry Tomatoes



Garlic Paste



Cream



Vegetable Stock Powder



Plant-Based Basil Pesto



Chilli Flakes (Optional)



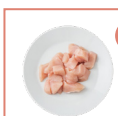
Mixed Salad Leaves



Balsamic Glaze



Grated Parmesan Cheese



Diced Chicken



Peeled Prawns

Prep in: 15-25 mins
Ready in: 15-25 mins

Twirl your way into deliciousness with this epic pasta feast! Each bite is bursting with rich, herby goodness, and those juicy cherry tomatoes add the perfect pop of flavour. Pair it with a crisp apple salad for a sweet and tangy crunch and you've got the perfect meal for a cosy night in.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
apple	1	2
fettuccine	½ packet	¾ packet
cherry tomatoes	½ packet	1 packet
garlic paste	1 medium packet	1 large packet
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	1 medium packet	2 medium packets
chilli flakes (optional) 🌶️	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet
balsamic glaze	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3647kJ (872cal)	306kJ (73cal)
Protein (g)	21.3g	1.8g
Fat, total (g)	50.4g	4.2g
- saturated (g)	20.6g	1.7g
Carbohydrate (g)	81.8g	6.9g
- sugars (g)	16.3g	1.4g
Sodium (mg)	988mg	82.8mg
Dietary Fibre (g)	8.7g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



Cook the pasta

- Boil the kettle.
- Grate **courgette**. Thinly slice **apple** into wedges.
- Pour boiling water into a large saucepan. Add a pinch of **salt**, then bring to the boil over high heat. Cook **fettuccine** (see ingredients) in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / ¼ cup for 4 people), then drain **pasta** and return to saucepan. Drizzle with **olive oil**.

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



Finish the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** until fragrant, **1 minute**.
- Stir in **cream** (see ingredients) and **vegetable stock powder** and cook until slightly thickened, **1-2 minutes**.
- Stir in **plant-based basil pesto**, a pinch of **chilli flakes** (if using), **fettuccine** and **reserved pasta water** until heated through. Remove pan from heat, then stir in **courgette** and **blistered tomatoes**.

CUSTOM OPTIONS

+ ADD DICED CHICKEN

Before cooking veggies, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes. Stir through with courgette and tomatoes.

+ ADD PEELED PRAWNS

Before cooking veggies, cook, tossing, until pink and starting to curl up, 3-4 minutes. Stir through with courgette and tomatoes.



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **cherry tomatoes** (see ingredients) and **courgette**, stirring occasionally, until blistered, **4-5 minutes**. Transfer to a small bowl.

TIP: Toss the salad just before serving to keep the leaves crisp.



Serve up

- Meanwhile, in a large bowl, combine apple, **mixed salad leaves** and **balsamic glaze**. Season to taste.
- Divide creamy pesto and cherry tomato fettuccine between bowls.
- Sprinkle with **Parmesan cheese**.
- Serve with apple balsamic salad. Enjoy!

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

