



Creamy Leek Fusilli

with Basil Pesto & Parmesan Cheese

Grab your Meal Kit with this symbol



Fusilli



Baby Broccoli



Leek



Garlic



Herb & Mushroom Seasoning



Cream



Vegetable Stock Powder



Baby Spinach Leaves



Basil Pesto



Grated Parmesan Cheese



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **25-35** 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, baby broccoli and a little spinach in a cream and pesto sauce is all this dish needs to leave you feeling full and oh-so happy.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 packet	1 packet
baby broccoli	1 bag	1 bag
leek	1	2
garlic	2 cloves	4 cloves
herb & mushroom seasoning	1 sachet	2 sachets
cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3374kJ (806Cal)	998kJ (239Cal)
Protein (g)	23.7g	7g
Fat, total (g)	44.1g	13g
- saturated (g)	20g	5.9g
Carbohydrate (g)	74.7g	22.1g
- sugars (g)	9.8g	2.9g
Sodium (mg)	1121mg	332mg

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, then add a generous pinch of **salt**. Bring to the boil over high heat.
- Cook **fusilli** in boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **fusilli** to the pan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

3



Bring it all together

- Reduce heat to medium, then add **cream** (see ingredients), **vegetable stock powder** and some of the reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and simmer until slightly thickened, **1-2 minutes**.
- Add **basil pesto**, cooked **fusilli** and **baby spinach leaves**. Stir to combine and season with **salt** and **pepper**.

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

2



Cook the veggies

- Meanwhile, trim **baby broccoli** and halve lengthways. Thinly slice **leek**. Finely chop **garlic**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek** and **baby broccoli**, stirring, until softened, **4-5 minutes**.
- Add **garlic** and **herb & mushroom seasoning** and cook until fragrant, **1-2 minutes**.

4



Serve up

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

Little cooks: Add the finishing touch by sprinkling the cheese on top.

We're here to help!

Scan here if you have any questions or concerns

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