



# Creamy Green Pesto Fusilli

with Leek, Baby Broccoli & Plant-Based Parmesan

Grab your Meal Kit with this symbol



Fusilli



Baby Broccoli



Leek



Garlic



Herb & Mushroom Seasoning



Cream



Vegetable Stock Powder



Basil Pesto



Baby Spinach Leaves



Plant-Based Grated Parmesan



Diced Bacon

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food

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	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
plant-based grated Parmesan	1 packet	2 packets
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	988kJ (236Cal)
Protein (g)	19.8g	5.9g
Fat, total (g)	42.2g	12.7g
- saturated (g)	18.5g	5.6g
Carbohydrate (g)	76.4g	22.9g
- sugars (g)	10.3g	3.1g
Sodium (mg)	1526mg	458mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3874kJ (926Cal)	1011kJ (242Cal)
Protein (g)	27.8g	7.3g
Fat, total (g)	54.4g	14.2g
- saturated (g)	23g	6g
Carbohydrate (g)	76.4g	19.9g
- sugars (g)	10.3g	2.7g
Sodium (mg)	1925mg	503mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## 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** (½ cup for 2 people / 1 cup for 4 people), then drain and return **fusilli** to the pan.

3



## Finish the sauce

- Reduce heat to medium, then add **cream (see ingredients)**, **vegetable stock powder** and some of the reserved **pasta water** (½ cup for 2 people / ½ cup for 4 people) and simmer until slightly thickened, **1-2 minutes**.
- Add **basil pesto**, cooked **fusilli** and the **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.

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## Start the sauce

- Meanwhile, halve **baby broccoli** 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**.

**Custom Recipe:** If you've added diced bacon to your meal, cook with the leek, breaking up bacon with a spoon, 5-6 minutes. Continue with step.

4



## Serve up

- Divide creamy green pesto fusilli between bowls.
- Sprinkle over **plant-based grated Parmesan** to serve. Enjoy!

**TIP:** The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!

## Rate your recipe

Did we make your tastebuds happy?

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