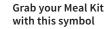
Creamy Green Pesto Fusilli with Leek, Baby Broccoli & Plant-Based Parmesan











Baby Broccoli





Leek



Herb & Mushroom



Seasoning



Vegetable Stock



Powder



Baby Spinach Leaves



Basil Pesto

Plant-Based **Grated Parmesan**



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

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

 $Large\ saucepan\cdot Large\ frying\ pan$

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
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





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.



Finish the sauce

- Reduce heat to medium, then add cream (see ingredients), vegetable stock powder and some of the reserved pasta water (¼ 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.



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.



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!

