



# Creamy Zucchini & Mushroom Fusilli

with Basil Pesto & Parmesan

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Fusilli



Zucchini



Garlic



Sliced Mushrooms



Garlic & Herb Seasoning



Thickened Cream



Vegetable Stock Powder



Basil Pesto



Baby Spinach Leaves



Parmesan Cheese



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins

Eat Me Early

You can never really go wrong with little fusilli, especially when it is paired with some tasty ingredients, such as mushrooms, zucchini, garlic, basil pesto and Parmesan!

**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 medium packet	2 medium packets
zucchini	1	2
garlic	2 cloves	4 cloves
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
thickened cream	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
basil pesto	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3042kJ (727Cal)	717kJ (171Cal)
Protein (g)	24.7g	5.8g
Fat, total (g)	33.7g	7.9g
- saturated (g)	12.6g	3g
Carbohydrate (g)	76.6g	18g
- sugars (g)	9.1g	2.1g
Sodium (mg)	1187mg	280mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3795kJ (907Cal)	644kJ (154Cal)
Protein (g)	58.7g	10g
Fat, total (g)	38.4g	6.5g
- saturated (g)	14.1g	2.4g
Carbohydrate (g)	76.6g	13g
- sugars (g)	9.1g	1.5g
Sodium (mg)	1271mg	216mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Cook the pasta

- Boil the kettle. Heat a large saucepan over high heat with the boiled water and a pinch of **salt**.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people).
- Drain and return **pasta** to saucepan.

3



## Finish the sauce

- Reduce heat to medium and add **thickened cream**, **vegetable stock powder** and the reserved **pasta water**, then simmer until slightly thickened, **1-2 minutes**.
- Add **basil pesto**, **fusilli** and **baby spinach leaves**. Stir to combine and season to taste.

**TIP:** Add a splash more water if the sauce looks too thick. Serve the sauce on top of cooked pasta if preferred.

2



## Start the sauce

- Meanwhile, grate **zucchini**. Finely chop **garlic**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **sliced mushrooms**, stirring, until browned and softened, **6-8 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **zucchini** and cook until fragrant, **1-2 minutes**.

**Little cooks:** Under adult supervision, older kids can help grate the zucchini.

**Custom Recipe:** If you've added chicken breast, cut chicken breast into 2cm chunks. Cook chicken with mushrooms, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.

4



## Serve up

- Divide fusilli between bowls. Top with creamy zucchini and mushroom sauce.
- Sprinkle over **Parmesan** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the Parmesan!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)