



# One-Pot Mediterranean Pesto & Mushroom Pasta

with Baby Spinach, Parmesan Cheese & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Sliced Mushrooms



Mediterranean Seasoning



Garlic Paste



Orecchiette



Light Cooking Cream



Vegetable Stock Powder



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

This one-pot wonder is worth all the hype! Gorgeous basil pesto and our favourite ear-shaped pasta pouches (orecchiette) will pair together in perfect matrimony! Toss this cheesy and Mediterranean goodness all together and enjoy the easy clean-up!

**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 with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
sliced mushrooms	1 medium packet	1 large packet
Mediterranean seasoning	1 medium sachet	2 medium sachets
garlic paste	1 packet	2 packets
<b>boiling water*</b>	1¾ cups	3½ cups
orecchiette	1 medium packet	OR 1 large packet
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	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)	3149kJ (753Cal)	856kJ (205Cal)
Protein (g)	23.5g	6.4g
Fat, total (g)	37g	10.1g
- saturated (g)	12.8g	3.5g
Carbohydrate (g)	76.7g	20.8g
- sugars (g)	9.8g	2.7g
Sodium (mg)	1658mg	451mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3902kJ (933Cal)	732kJ (175Cal)
Protein (g)	57.5g	10.8g
Fat, total (g)	41.7g	7.8g
- saturated (g)	14.3g	2.7g
Carbohydrate (g)	76.7g	14.4g
- sugars (g)	9.8g	1.8g
Sodium (mg)	1743mg	327mg

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



## Get prepped

- Boil the kettle.
- Roughly chop **tomato**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

3



## Cook the pasta

- Add the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people), **orecchiette**, **light cooking cream** and **vegetable stock powder**. Stir to combine and bring to the boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **10 minutes**.
- Once the pasta is cooked, stir in **baby spinach leaves**, **basil pesto** and **Parmesan cheese**. Season to taste.

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

2



## Cook the veggies

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **sliced mushrooms** and **tomato**, stirring occasionally, until tender, **4-5 minutes**.
- Add **Mediterranean seasoning** and **garlic paste** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** In a large saucepan, heat a drizzle of olive oil over medium-high heat. Cook chicken until golden, 3-4 minutes. Add sliced mushrooms and tomato, continuing as above.

4



## Serve up

- Divide one-pot Mediterranean pesto and mushroom orecchiette between bowls.
- Sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)