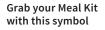


One-Pot Mediterranean Pesto & Mushroom Pasta

with Baby Spinach, Parmesan Cheese & Flaked Almonds

NEW

CLIMATE SUPERSTAR









Sliced Mushrooms





Seasoning



Garlic Paste

Orecchiette

Light Cooking



Vegetable Stock



Baby Spinach



Basil Pesto



Parmesan Cheese



Flaked Almonds



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

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!

Eat Me Early

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
olive oil*	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
boiling water*	1¾ cups	3½ cups
orecchiette	1 medium packet	2 medium packets 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 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





Get prepped

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

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



Cook the pasta

- Add the boiling water (1% cups for 2 people / 3½ cups for 4 people), orecchiette, light cooking creamand 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.



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.



Serve up

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

Rate your recipe