



# Basil Pesto & Parmesan Pasta Bake

with Tomato & Roast Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Fusilli



Light Cooking Cream



Parmesan Cheese



Garlic & Herb Seasoning



Basil Pesto



Baby Spinach Leaves



Cheddar Cheese



Tomato



Mixed Salad Leaves



Roasted Almonds



Diced Bacon

Prep in: 10-20 mins  
Ready in: 30-40 mins

In this family-friendly pasta bake, spiral-shaped fusilli is perfect for holding onto the creamy, garlicky and herby sauce. The gooey Cheddar is the cherry on top, while the fresh side salad offers extra texture and works to balance out the richness.

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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 · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
basil pesto	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
roasted almonds	1 medium packet OR ½ large packet	2 medium packets OR 1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	1161kJ (277Cal)
Protein (g)	28.3g	9.1g
Fat, total (g)	48.1g	15.4g
- saturated (g)	17.3g	5.5g
Carbohydrate (g)	76.9g	24.6g
- sugars (g)	9.1g	2.9g
Sodium (mg)	893mg	286mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4010kJ (958Cal)	1123kJ (268Cal)
Protein (g)	35.2g	9.9g
Fat, total (g)	54.9g	15.4g
- saturated (g)	19.8g	5.5g
Carbohydrate (g)	77.6g	21.7g
- sugars (g)	9.6g	2.7g
Sodium (mg)	1324mg	371mg

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

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a large saucepan of salted water to the boil.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people). Drain **fusilli** and return to saucepan.

**Little cooks:** Older kids, help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

3

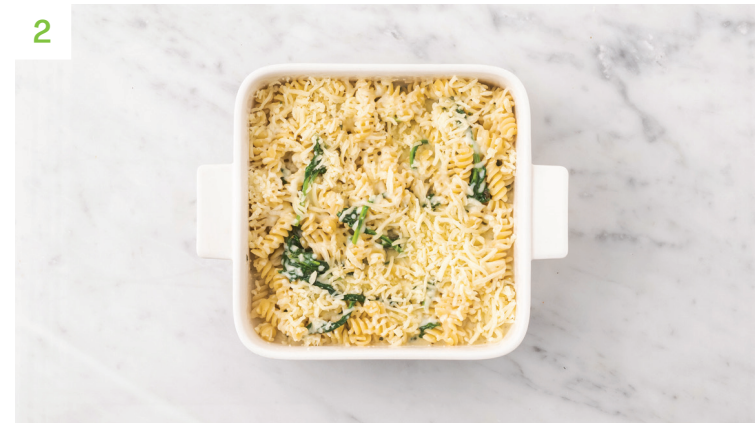


## Make the salad

- While the pasta is baking, slice **tomato** into thin wedges.
- In a medium bowl, combine **mixed salad leaves, tomato, roasted almonds (see ingredients)** and a drizzle of **white wine vinegar** and **olive oil**. Season.

**Little cooks:** Help wash and toss the salad!

2



## Bake the pasta

- To the saucepan with the cooked pasta, add **light cooking cream, Parmesan cheese, garlic & herb seasoning, basil pesto, baby spinach leaves**, reserved **pasta water** and a pinch of **salt** and **pepper**. Stir to combine.
- Transfer **pasta** to a baking dish. Top with **Cheddar cheese**. Bake until cheese is melted and golden, **10-12 minutes**.

4



## Serve up

- Divide basil pesto and Parmesan pasta bake between bowls.
- Serve with tomato and roast almond salad. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)