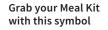


Plant-Based Pesto Penne & Roast Tomato

with Pine Nut Pangrattato & Pear Salad

EXPLORER

CLIMATE SUPERSTAR









Snacking Tomatoes





Pine Nuts





Panko Breadcrumbs





Zucchini

Leaves



Nan's Special



Seasoning



Plant-Based **Basil Pesto**



Prep in: 10-20 mins Ready in: 20-30 mins Eat Me Early*



Bump up the flavour in your weeknight pasta by lacing it with balsamic-roasted cherry tomatoes and a zucchini-spiked basil pesto sauce. Top with a rich and nutty pangratto for added texture and serve with a pear salad to cut through the richness.



Olive Oil, Balsamic Vinegar, Brown Sugar

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

 $\label{eq:large_saucepan} \textbf{.} \textbf{ Oven tray lined with baking paper} \textbf{.} \textbf{ Large frying pan}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
snacking tomatoes	1 packet	2 packets
penne	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
pine nuts	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
pear	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
zucchini	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	2 medium packets	4 medium packets
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)	3157kJ (755Cal)	711kJ (170Cal)
Protein (g)	18.9g	4.3g
Fat, total (g)	32.4g	7.3g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	91.1g	20.5g
- sugars (g)	15.1g	3.4g
Sodium (mg)	943mg	212mg
Custom Pecine		

Avg Qty Per 100g Energy (kJ) 3872kJ (925Cal) 636kJ (152Cal) Protein (g) 55.5g 9.1g 34.9g 5.7g Fat, total (g) - saturated (g) 3.6g 0.6g Carbohydrate (g) 91.2g 15g 15.1g 2.5g - sugars (g) 1013mg Sodium (mg)

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





Roast the tomatoes and cook pasta

- Bring a large saucepan of salted water to the boil. Preheat oven to 240°C/220°C fan-forced.
- Place snacking tomatoes on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to combine. Roast until blistered,
 10-15 minutes.
- Meanwhile, cook penne in the boiling water until 'al dente', 10 minutes.
 Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people), then drain pasta and return to pan.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Finish the pasta

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook zucchini, stirring, until softened, 2-3 minutes.
- Add remaining garlic and cook until fragrant, 1 minute.
- Add roasted snacking tomatoes, Nan's special seasoning, the brown sugar, vegetable stock powder, plant-based basil pesto, cooked penne and reserved pasta water.
- Cook, stirring, until slightly reduced, **1-2 minutes**. Season to taste.

Custom Recipe: Return cooked chicken with cooked penne as above.



Make the pangrattato

- While the penne is cooking, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Cook pine nuts, panko breadcrumbs (see ingredients) and half the garlic, stirring, until golden brown and fragrant, 3-4 minutes.
- Transfer to a bowl and season to taste. Set aside.
- Thinly slice **pear** into wedges.
- In a medium bowl, combine a drizzle of balsamic vinegar and olive oil.
 Season, then add pear and mixed salad leaves. Toss to coat.
- Grate zucchini.



Serve up

- Divide roast tomato and plant-based pesto penne between plates.
- Top with pine nut pangrattato. Serve with salad. Enjoy!

Custom Recipe: Divide chicken, roast tomato and plant-based penne between plates to serve.

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