



Plant-Based Pesto Penne & Roast Tomato

with Pine Nut Pangrattato & Pear Salad

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Snacking Tomatoes



Penne



Garlic



Pine Nuts



Panko Breadcrumbs



Pear



Mixed Salad Leaves



Zucchini



Nan's Special Seasoning



Vegetable Stock Powder



Plant-Based Basil Pesto



Chicken Breast

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

Plant Based[^]
[^]Custom Recipe is not Plant Based

Eat Me Early*
*Custom Recipe only

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 pangrattato for added texture and serve with a pear salad to cut through the richness.

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

Pantry items

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

Large saucepan · Oven tray lined with baking paper · 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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3872kJ (925Cal)	636kJ (152Cal)
Protein (g)	55.5g	9.1g
Fat, total (g)	34.9g	5.7g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	91.2g	15g
- sugars (g)	15.1g	2.5g
Sodium (mg)	1013mg	166mg

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



1



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.

3



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.

2



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**.

4



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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