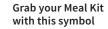


# One-Pot Mediterranean Pesto & Mushroom Pasta

with Baby Spinach, Parmesan Cheese & Flaked Almonds

**CLIMATE SUPERSTAR** 









Sliced Mushrooms





Seasoning





Orecchiette

Thickened Cream



Vegetable Stock



**Baby Spinach** 



**Basil Pesto** 

Parmesan Cheese



Flaked Almonds

**Pantry items** 

Olive Oil



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

# 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

9		
	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 medium packet	2 medium packets
boiling water*	1¾ cups	3½ cups
orecchiette	1 medium packet	2 medium packets
thickened cream	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium packet	1 large packet
basil pesto	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

10.01				
Avg Qty	Per Serving	Per 100g		
Energy (kJ)	3093kJ (739Cal)	1056kJ (252Cal)		
Protein (g)	21.8g	7.4g		
Fat, total (g)	36.7g	12.5g		
- saturated (g)	12.8g	4.4g		
Carbohydrate (g)	76.7g	26.2g		
- sugars (g)	9.9g	3.4g		
Sodium (mg)	1652mg	564mg		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3807kJ (910Cal)	<b>831kJ</b> (199Cal)
Protein (g)	58.4g	12.8g
Fat, total (g)	39.2g	8.6g
- saturated (g)	13.6g	3g
Carbohydrate (g)	76.9g	16.8g
- sugars (g)	9.9g	2.2g
Sodium (mg)	1722mg	376mg

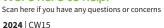
The quantities provided above are averages only.

### 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!





# 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 / 3\% 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
- Sprinkle with **flaked almonds** to serve. Enjoy!

Custom Recipe: Divide one-pot Mediterranean chicken pesto and orecchiette between bowls as above.



