



One-Pot Mediterranean Pesto & Mushroom Pasta

with Baby Spinach, Parmesan Cheese & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Sliced Mushrooms



Mediterranean Seasoning



Garlic Paste



Orecchiette



Thickened Cream



Vegetable Stock Powder



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese



Flaked Almonds



Chicken Breast

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

Eat Me Early

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!

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

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 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

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)	831kJ (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!

Scan here if you have any questions or concerns



1



Get prepped

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

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

3



Cook the pasta

- Add the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people), **orecchiette**, **light cooking cream** and **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.

2



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.

4



Serve up

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

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

Rate your recipe

Did we make your tastebuds happy?

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