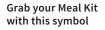


Quick Tomato, Kale & Pesto Orecchiette with Pear Salad

CLIMATE SUPERSTAR















Orecchiette

Snacking Tomatoes



Light Cooking

Basil Pesto



Vegetable Stock Powder



Cheese



Mixed Salad

Leaves

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

Eat Me Early* *Custom Recipe only Ear-shaped orecchiette pasta is the perfect bite-sized vessel for a creamy basil pesto. Complete the dish with blistered cherry tomatoes for a burst of sweetness, a touch of acidity and an extra pop of colour.



Olive Oil, Vinegar (White Wine or Balsamic)

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kale	1 medium packet	1 large packet
pear	1	2
orecchiette	1 medium packet	2 medium packets
snacking tomatoes	1 medium packet	2 medium packets
basil pesto	2 medium packets	4 medium packets
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
Parmesan cheese	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)	3640kJ (870Cal)	871kJ (208Cal)
Protein (g)	23.5g	5.6g
Fat, total (g)	47g	11.2g
- saturated (g)	14g	3.3g
Carbohydrate (g)	82.4g	19.7g
- sugars (g)	13.4g	3.2g
Sodium (mg)	999mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4352kJ (1040Cal)	746kJ (178Cal)
Protein (g)	60.1g	10.3g
Fat, total (g)	49.5g	8.5g
- saturated (g)	14.8g	2.5g
Carbohydrate (g)	82.6g	14.2g
- sugars (g)	13.4g	2.3g
Sodium (mg)	1069mg	183mg

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





Get prepped

- · Boil the kettle.
- Tear kale leaves from stems, then roughly chop leaves.
- · Thinly slice pear into wedges

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



Bring it all together

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
 Cook snacking tomatoes, stirring occasionally, until blistered, 3-5 minutes.
- Reduce heat to medium. Add **kale** and cook until wilted, **1-2 minutes**.
- Add basil pesto, light cooking cream, cooked orecchiette, vegetable stock powder and reserved pasta water. Cook, stirring, until combined and heated through, 1-2 minutes. Season to taste. Remove from heat.

Custom Recipe: Before cooking the tomatoes, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl. After cooking the kale, return chicken to pan, then continue as above.



Cook the pasta

- Pour the boiled water into a large saucepan over high heat. Add a pinch of **salt** and bring to the boil.
- Cook orecchiette in the boiling water until 'al dente', 8 minutes.
- Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people), then
 drain pasta and return to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

- In a large bowl, combine a drizzle of vinegar and olive oil. Season, then add pear and mixed salad leaves. Toss to coat.
- Divide tomato, kale and pesto orecchiette between bowls.
- · Sprinkle with Parmesan cheese.
- · Serve with pear salad. Enjoy!

Rate your recipe