

# Basil Pesto & Parmesan Pasta Bake

with Tomato & Roast Almond Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Fusilli



Light Cooking Cream



Parmesan Cheese



Garlic & Herb Seasoning



Basil Pesto



Baby Spinach Leaves



Cheddar Cheese



Tomato



Roasted Almonds



Mixed Salad Leaves



Diced Bacon



Chicken Breast

Prep in: 10-20 mins  
Ready in: 30-40 mins

In this family-friendly pasta bake, spiral-shaped fusilli is perfect for holding onto the creamy, garlicky and herby sauce. The gooey Cheddar is the cherry on top, while the fresh side salad offers extra texture and works to balance out the richness.

## Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
basil pesto	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
roasted almonds	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	1161kJ (277Cal)
Protein (g)	28.3g	9.1g
Fat, total (g)	48.1g	15.4g
- saturated (g)	17.4g	5.6g
Carbohydrate (g)	77.1g	24.7g
- sugars (g)	9.4g	3g
Sodium (mg)	894mg	287mg
Dietary Fibre (g)	12.3g	3.9g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the pasta

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a large saucepan of salted water to the boil.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people). Drain **fusilli** and return to saucepan.

**Little cooks:** Older kids, help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

2



## Bake the pasta

- To saucepan with the cooked pasta, add **light cooking cream, Parmesan cheese, garlic & herb seasoning, basil pesto, baby spinach leaves, the reserved pasta water** and a pinch of **salt** and **pepper**. Stir to combine.
- Transfer **pasta** to a baking dish. Top with **Cheddar cheese**. Bake until cheese is melted and golden, **10-12 minutes**.

3



## Get prepped

- While pasta is baking, slice **tomato** into thin wedges.
- In a medium bowl, combine **mixed salad leaves, tomato, roasted almonds** and a drizzle of **white wine vinegar** and **olive oil**. Season.

**Little cooks:** Help wash and toss the salad!

4



## Serve up

- Divide basil pesto and Parmesan pasta bake between plates.
- Serve with tomato and roast almond salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS

#### + ADD DICED BACON

Before cooking sauce, cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

#### + ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook for 4-6 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

