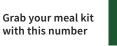


CLIMATE SUPERSTAR











Sliced Mushrooms



Herb & Mushroom Seasoning

Garlic Paste





Orecchiette





Baby Spinach Leaves

Basil Pesto





Parmesan Cheese

Flaked Almonds





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

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 with 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
herb & mushroom seasoning	1 sachet	2 sachets
garlic paste	1 packet	2 packets
boiling water*	1¾ cups	3½ cups
orecchiette	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
baby spinach leaves	1 medium packet	1 large packet
basil pesto	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753Cal)	858kJ (205Cal)
Protein (g)	23.5g	6.4g
Fat, total (g)	37g	10.1g
- saturated (g)	12.9g	3.5g
Carbohydrate (g)	77.4g	21.1g
- sugars (g)	9.7g	2.6g
Sodium (mg)	1437mg	391mg
Dietary Fibre (g)	10.8g	2.9g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Boil the kettle.
- Roughly chop tomato.



Cook the pasta

- Add the boiling water (1¾ cups for 2 people / 3½ cups for 4 people),
 orecchiette, light cooking cream and the salt. 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 herb & mushroom seasoning and garlic paste and cook until fragrant,
 1-2 minutes.



Serve up

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







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



Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 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.

