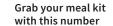


One-Pot Creamy Pesto & Mushroom Pasta

with Baby Spinach & Flaked Almonds

CLIMATE SUPERSTAR









Sliced Mushrooms



Herb & Mushroom



Seasoning





Orecchiette









Basil Pesto

Baby Spinach Leaves



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 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 |
| 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) | 417kJ (100cal) |
| Protein (g) | 23.5g | 3.1g |
| Fat, total (g) | 37g | 4.9g |
| - saturated (g) | 12.9g | 1.7g |
| Carbohydrate (g) | 77.4g | 10.3g |
| - sugars (g) | 9.7g | 1.3g |
| Sodium (mg) | 1437mg | 190.3mg |
| Dietary Fibre (g) | 10.9g | 1.4g |
| | | |

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 with salt and pepper.

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 creamy pesto and mushroom orecchiette between bowls.
- · Sprinkle with flaked almonds to serve. Enjoy!





Thinly slice into strips. Before cooking sauce, cook chicken, until cooked through, 4-6 minutes. Continue with recipe.



ADD CHICKEN TENDERLOINS

Cut into bite-sized pieces. Before cooking sauce, cook chicken, until cooked through, 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.

