



One-Pot Creamy Pesto & Mushroom Pasta

with Baby Spinach & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Tomato



Sliced Mushrooms



Herb & Mushroom Seasoning



Garlic Paste



Orecchiette



Light Cooking Cream



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese



Flaked Almonds



Chicken Breast



Chicken Tenderloins

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

Eat Me First

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!

Pantry items

Olive Oil

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*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

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

3



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.

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 **herb & mushroom seasoning** and **garlic paste** and cook until fragrant, **1-2 minutes**.

4



Serve up

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

CUSTOM OPTIONS



ADD CHICKEN BREAST

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.

