

# Pesto & Parmesan Wholemeal Pasta Bake












with Cherry Tomato & Roast Almond Salad



CLIMATE SUPERSTAR

Grab your meal kit with this number

21



-  Wholemeal Fusilli
-  Light Cooking Cream
-  Parmesan Cheese
-  Garlic & Herb Seasoning
-  Basil Pesto
-  Baby Spinach Leaves
-  Cheddar Cheese
-  Mixed Salad Leaves
-  Snacking Tomatoes
-  Roasted Almonds
-  Balsamic Vinaigrette Dressing

-  Diced Bacon
-  Chicken Breast

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

In this family-friendly pasta bake, spiral-shaped wholemeal 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

## 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
wholemeal fusilli	1 packet	2 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
mixed salad leaves	1 small packet	1 medium packet
snacking tomatoes	1 packet	2 packets
roasted almonds	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3821kJ (913cal)	519kJ (124cal)
Protein (g)	27.7g	3.8g
Fat, total (g)	52.8g	7.2g
- saturated (g)	17.9g	2.4g
Carbohydrate (g)	78.6g	10.7g
- sugars (g)	9.3g	1.3g
Sodium (mg)	1006mg	136.6mg
Dietary Fibre (g)	13.4g	1.8g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



## Cook the pasta

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a large saucepan of salted water to the boil.
- Cook **wholemeal 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!



## Get prepped

- While pasta is baking, in a medium bowl, combine **mixed salad leaves**, **snacking tomatoes**, **roasted almonds**, **balsamic vinaigrette dressing** and a drizzle of **olive oil**. Season to taste.

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



## 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**.



## Serve up

- Divide pesto and Parmesan wholemeal pasta bake between bowls.
- Serve with cherry tomato and roast almond salad. Enjoy!

### CUSTOM OPTIONS



#### ADD DICED BACON

Cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Stir through before baking.



#### ADD CHICKEN BREAST

Thinly slice into strips. Cook chicken breast, 4-6 minutes. Stir through before baking.

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

