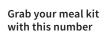


Creamy Zucchini & Leek Fusilli with Basil Pesto & Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR













Garlic & Herb



Leek

Seasoning





Vegetable Stock



Basil Pesto



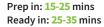
Baby Spinach Leaves



Parmesan Cheese







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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
zucchini	1	2
garlic	2 cloves	4 cloves
leek	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	½ packet	1 packet
basil pesto	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (712Cal)	1021kJ (244Cal)
Protein (g)	21.8g	7.5g
Fat, total (g)	33.4g	11.4g
- saturated (g)	12.3g	4.2g
Carbohydrate (g)	78.2g	26.8g
- sugars (g)	9.5g	3.3g
Sodium (mg)	1153mg	395mg
Dietary Fibre (g)	9.5g	3.3g

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.



Cook the pasta

- Boil the kettle. Heat a large saucepan over high heat with a pinch of salt.
 Add boiled water to saucepan.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (½ cup for 2 people / ½ cup for 4 people).
- Drain and return pasta to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Start the sauce

- Meanwhile, grate zucchini. Finely chop garlic. Thinly slice leek.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook leek, stirring, until softened, 4-5 minutes.
- Add garlic, garlic & herb seasoning and zucchini and cook, tossing until fragrant, 1-2 minutes.

Little cooks: Under adult supervision, older kids can help grate the zucchini.



Finish the sauce

- Reduce heat to medium, then add light cooking cream, vegetable stock pot (see ingredients) and the reserved pasta water. Simmer until slightly thickened, 1-2 minutes.
- Add basil pesto, cooked fusilli and baby spinach leaves. Stir to combine and season to taste with salt and pepper.



Serve up

- Divide creamy zucchini and leek fusilli between bowls.
- Sprinkle over Parmesan cheese to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the Parmesan!

TIP: Add a splash more pasta water if the sauce looks too thick.



ADD CHICKEN BREAST

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

ADD DICED BACON

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.

