

Creamy Zucchini & Leek Fusilli

with Basil Pesto & Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Fusilli



Zucchini



Garlic



Leek



Garlic & Herb Seasoning



Light Cooking Cream



Vegetable Stock Pot



Basil Pesto



Baby Spinach Leaves



Parmesan Cheese



Chicken Breast



Diced Bacon

Prep in: 15-25 mins
Ready in: 25-35 mins

You can never really go wrong with 'al dente' fusilli, especially when it is paired with some tasty ingredients, such as leek, zucchini, garlic, basil pesto and Parmesan!

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 · 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.

1



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** (1/3 cup for 2 people / 2/3 cup for 4 people).
- Drain and return **pasta** to saucepan.

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

3



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**.

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

CUSTOM OPTIONS



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

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

