

Pesto & Cherry Tomato Fasta-Pasta

with Mustard Cider Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Zucchini



Fettuccine



Snacking Tomatoes



Garlic Paste



Light Cooking Cream



Vegetable Stock Pot



Basil Pesto



Chilli Flakes (Optional)



Mixed Salad Leaves



Mustard Cider Dressing



Parmesan Cheese



Diced Bacon



Chicken Breast

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

Enjoy this bowl loaded with flavoured basil pesto and some blistered cherry tomatoes which lace 'al dente' fettuccine to perfection. With a mustard cider salad for some crunch, your weeknight pasta just got a whole lot fancier!

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
zucchini	1	2
fettuccine	1 medium packet	1 large packet
snacking tomatoes	1 packet	2 packets
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 medium packet	2 medium packets
basil pesto	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3541kJ (846cal)	899kJ (228cal)
Protein (g)	21.7g	5.5g
Fat, total (g)	48.1g	12.2g
- saturated (g)	13.6g	3.5g
Carbohydrate (g)	77.8g	19.7g
- sugars (g)	10.4g	2.6g
Sodium (mg)	1272mg	322.8mg
Dietary Fibre (g)	10.6g	2.7g

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

2025 | CW04



1



Cook the pasta

- Boil the kettle.
- Grate **zucchini**.
- Pour boiling water into a large saucepan over high heat. Add a pinch of **salt**, then bring to the boil. Cook **fettuccine** in boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / ¼ cup for 4 people), then drain **pasta** and return to saucepan. Drizzle with **olive oil**.

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

3



Finish the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** until fragrant, **1 minute**.
- Stir in **light cooking cream** and **vegetable stock pot** and cook until slightly thickened, **1-2 minutes**.
- Stir in **basil pesto**, a pinch of **chilli flakes** (if using), **cooked fettuccine** and **reserved pasta water** until heated through.
- Remove pan from heat then stir in **zucchini** and **blistered tomatoes**.

CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHICKEN BREAST

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

2



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **snacking tomatoes** and **zucchini**, stirring occasionally, until blistered, **4-5 minutes**. Transfer to a small bowl.

4



Finish & serve

- Meanwhile, in a large bowl, combine **mixed salad leaves**, **mustard cider dressing** and a drizzle of **olive oil**. Season.
- Divide pesto and cherry tomato fasta-pasta between bowls.
- Sprinkle with **Parmesan cheese**.
- Serve with mustard cider salad. Enjoy!

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

